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The Carolina Country Store HOLIDAY GIFT GUIDE

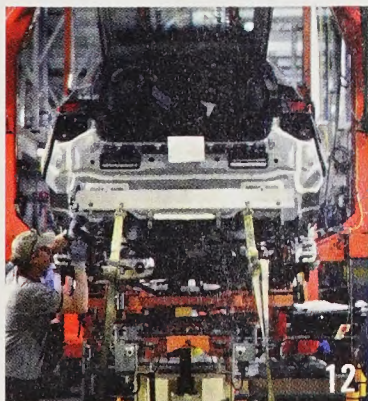
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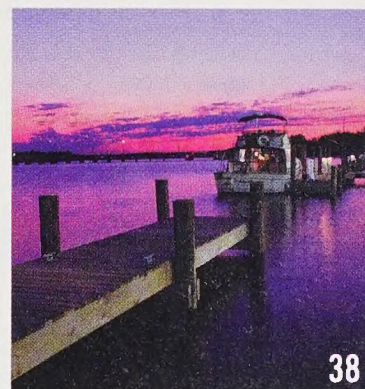
The season along Deerfield Road near Boone, Watauga County. Photography by Ashley Fetner, Asheboro, a member of Randolph EMC. See his Shiloh Church photos on page 30.
www.ashleyfetnerportraits.com



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Carolina country

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Why Do We Send You Carolina Country Magazine?

Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$4 per year.

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HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

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Your Role in Reforming Energy Policy

By Robert W. "Chip" Leavitt Jr.

If you think your voice is not heard in the halls of Congress, think again.

Last month we visited our two U.S. Senators' offices and delivered more than 10,000 message cards from North Carolina electric cooperative members. These were some of the cards that tens of thousands of cooperative consumers across North Carolina filled out this year asking our representatives to help craft reasonable and balanced national climate change and energy policy.

Your voices told Congress that it's "Our Energy, Our Future," and any climate change policy must take consumers into account.

Well, your voices worked—Congress is paying closer attention to the consumer impact.

We wanted our Congressional delegation to know that climate change and energy legislation should be fair and balanced across all industries and regions of the country. We also stressed any reforms must contain safeguards to prevent energy cost spikes and out-of-control electric bills.

Congress is listening. But this is not the time to rest. It's time to get our second wind. We must keep sending our "consumers first" message to our representatives.

Earlier in the year, the U.S. House of Representatives passed legislation to reduce greenhouse gases and shift the way America produces and uses energy. At that time, electric cooperative leadership met with our entire congressional delegation. We told them to expect to hear the consumers' viewpoint. As of the end of September, more than 54,000 North Carolina co-op members sent more than 337,000 messages to Congress on these issues.

I would like to thank everyone who participated in the "Our Energy, Our Future" campaign and contacted legislators through our Web site, "Find a Balanced Solution." Having seen firsthand the impact of these communications on our elected leaders, I want to challenge all co-op consumers to remain engaged in our communications



Chip Leavitt (left) and Albemarle EMC executive vice president and general manager Brad Furr presented more than 10,500 of your postcards to Perrin Cooke (right) energy issues staffer with Sen. Kay Hagan.

efforts. The next six months are critical.

Now the Senate is negotiating legislation which aims to reduce greenhouse gas emissions, require more efficient use of energy, expedite the development of renewable energy resources, and reduce our dependence on foreign energy.

With your support, we expect to help Congress identify achievable targets and timelines for an affordable, achievable national energy policy that will:

- ▶ Protect average American consumers against unreasonable rate hikes.
- ▶ Consider geographic differences. Some areas have grown faster than others and face different energy challenges.
- ▶ Maintain a diverse energy supply, including emissions-free nuclear power; low-cost, domestic coal using clean coal technologies; geothermal, wind, solar and biomass.
- ▶ Recognize that energy efficiency programs are very important. The lowest cost energy is energy we don't use.
- ▶ Provide access to least-cost financing for new generation and transmission facilities.

To keep the dialogue going, visit the Web sites below. Thanks for all your support. The energy bill you save may be your own. 

Chip Leavitt is CEO and general manager of Brunswick Electric, the Touchstone Energy cooperative serving more than 85,000 member accounts in Brunswick, Columbus and parts of Bladen and Robeson counties. He also is president of North Carolina Electric Membership Corporation, which supplies wholesale power to most of the state's cooperatives.

www.ourenergy.coop

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4-H football fans

Thank you so much, North Carolina electric cooperatives, for your support of the N.C. 4-H program. My son loves 4-H and said the opportunity to run with the N.C. State Wolfpack was the best experience of his life. He loved the game, the atmosphere and aspires to go to a large university someday.

Christopher Harris's mom

The state's electric co-ops sponsored a 4-H visit to the N.C. State football game vs. Gardner Webb in Raleigh Sept. 19 when the kids hit the field before pre-game warm-ups. Piedmont EMC's president Randy Brecheisen accepted the game ball on behalf of the state's cooperatives.

African-American Marines

Bennie Hallman, retired U.S. Marine Corps, called from Stedman to comment on the article about Montford Point, the first U.S. Marine Corps camp for African-American recruits ["The Story of America's First Black Marines," September 2009]. While the Marines Corps was the last of the nation's armed services to recruit blacks, Mr. Hallman pointed out that the Corps was the first of the services to fully integrate blacks into its ranks. "By 1949," he said, "Marine Corps officers realized that if properly trained, black Marines were as good as any other Marines."

Photo corrections

Some of you contacted us to say that information supplied with two of the photos that ran in the October magazine is incorrect. The cover photo of Glenn Bolick said he is from Blackberry community, which is in Caldwell County not Avery. For those of you who said Melba Milak's photo of the Hatteras sportfishing fleet heading out at sunrise actually shows the boats coming in at sunset, Ms. Milak points out that as the vessels leave they head into Pamlico Sound (sunrise to the stern) then down to Hatteras Inlet before turning easterly and offshore. She was in the stern of "Sea Angel II" looking back to Hatteras village at sunrise. You'd see a similar sunrise from the ferry departing for Ocracoke.

Nice pears

In 1993 a Bradford pear tree was planted in Pine Knoll Shores. Like a good Bradford pear, it blossomed profusely and pea-sized fruit were produced. However, four years ago some branches grew out horizontally and a few regular pears were produced. By 2009 the tree resembled a typical old-fashioned pear tree, and good-sized fruit were located throughout the tree.

The picture shows the gardener, Ron Johnson, admiring fruit produced this year. He says that no fertilizer or insecticides were used on the tree, and that the fruit is delicious.

Margaret Johnson, Pine Knoll Shores, Carteret-Craven Electric



My Ford's favorite features

For those of us old enough to remember them, the article featuring Henry Ford ("From Mainline to Mustang," September 2009) was a wonderful journey back in time to the days of our first cars. The picture of Mr. Ford sitting on the bumper of a 1953 Ford Mainline caught my attention immediately, because that was my first car. And, like the one in Mr. Ford's collection, my Ford Mainline was the same color as his, "Fernmist Green." Mine was bought used in 1957 with 27,500 miles on it.

Being the base model, my two-door sedan had all the features Mr. Ford described. It also had other advanced technology, such as turn signals (stick your hand out the window to indicate a turn), entertainment (you hummed), automatic transmission (you shifted), and a 6-volt battery that became sluggish and protested when the weather turned cold.

My particular favorite feature, though, was the windshield wipers. These devices were operated by vacuum from the intake manifold. Standing still, decelerating or driving at a steady speed, the wipers efficiently cleared the rain from the windshield. But try to accelerate, and uh oh...they slowed or stopped, because the vacuum in the manifold dropped.

I sold my 1953 Ford two years later. It was simple, reliable and always carried me to wherever I needed to go.

Bob Wilson, Emerald Isle

From our Facebook

You know you're from Carolina country if you add Carolina Country to your Facebook.

Randy Shepherd

Editor's Note: Check our Facebook. Along with our own, we can post your questions, comments, pictures and information on our Facebook if you would like to share them with the rest of the Carolina Country fans.

www.carolinacountry.com/facebook

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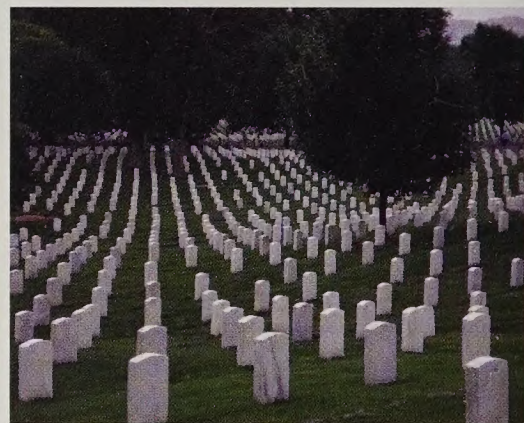
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JACOB'S LOG:

Giving thanks for our freedom

By Jacob Brooks



These are from the pictures I took on our Rural Electric Youth Tour to Washington last June.

This month, rather than write about things going on in my life, I decided to write about something larger that has been on my mind lately.

November is upon us once again, and the holiday season is underway. Families across North Carolina are discussing where to have the Thanksgiving meal, children are beginning their letters to Santa, and everyone is excited about going to that awesome New Year's party. Don't get me wrong, I do enjoy all these holidays, but I believe there is one holiday that doesn't get the recognition it deserves: Veterans Day.

First of all let me say that I love this great nation that I live in. There is no country like it in the world. No country offers the privileges, the freedoms and the rights that the United States offers. Not all countries allow for their citizens to elect their leaders. Not all countries allow for their citizens to bear more than one child. Heck, not all countries allow a 17-year-old boy to write a monthly article for a magazine with the freedom I have to speak my mind.

This nation holds great opportunities that no other nations possess, and the unfortunate thing is most American citizens take this for granted.

I am incredibly thankful that I live in a country that allows me to speak and believe what I feel. I am incredibly thankful that I live in a nation with a government that cannot dictate my life. I am incredibly thankful that I live in the land of the free and the home of the brave. I hope you are thankful, too.

But as American citizens, whom should we actually thank for all this? The answer is simple: the veterans who stepped forward and stood tall when we needed their service. We owe our thanks to the men and women who have served, fought and died for this country. We owe our thanks to the men and women who have strived to defend the Constitution of the United States of America. We owe our thanks to the men and women who at this very moment are on native and foreign soil protecting us. We owe our thanks to any man or woman who has ever worn the uniform of this nation and to any man or woman who ever intends to wear that uniform.

One day is set aside every year to honor our veterans. Normally, a short assembly is planned at the schools in their honor. It is typical to see a newspaper write a short article about the veterans in the region, but I believe this is not enough. We set aside a day for them; they set aside their whole lives for us. I believe that as a nation we owe our veterans the respect and honor they deserve. I believe we should give thanks every day instead of just November 11.

Without our veterans, this country never would have become the country it is today. Where would this nation be had our servicemen and women not joined the fight during World War II? I am not an advocate for war. In fact, I believe war is unnecessary sometimes. But I do believe in supporting our troops regardless. They are not the ones who decided to fight. They are just the ones who decided to defend our nation. God bless our troops, God bless our veterans, and God bless the United States of America. 

Jacob Brooks is a high school senior in Alleghany County. He is the national spokesman for the electric cooperatives' Youth Leadership Council.



Follow Jacob on the Carolina Country page on Facebook.

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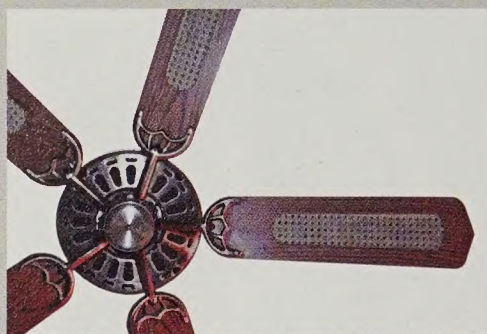
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Q: I keep my thermostats on 78 all the time but leave the ceiling fans going when I go to work. Would it save more to turn the fans off when I leave?

Polly Floyd



A: Ceiling fans cool people, not rooms, so turn off the ceiling fan when you leave the room. Depending upon the size of the fan, you will save approximately 50–100 watts per hour with the fan off when you are gone.

GreenCo Solutions

GreenCo Solutions, Inc. is a not-for-profit services company owned by North Carolina's electric cooperatives to help its members meet their energy efficiency and renewable energy goals in a comprehensive, balanced and collaborative manner.

Can you help others save energy?

Send your conservation ideas or questions to us:
P.O. Box 27306, Raleigh, NC 27611, or E-mail: editor@carolinacountry.com

Energy Star sales tax holiday is Nov. 6–8



North Carolinians can save money on selected Energy Star-rated appliances during the state's second annual Energy Star

sales tax holiday that begins on Friday, Nov. 6 and runs through Sunday, Nov. 8.

Energy Star qualified products meet the energy efficient guidelines set by the Environmental Protection Agency and the Department of Energy. Qualified products feature the distinctive Energy Star label, making them easier to identify.

Energy Star qualified clothes washers, freezers, refrigerators, central air conditioners, room air conditioners, air-source heat pumps, geothermal heat pumps, ceiling fans, dehumidifiers, and programmable thermostats are exempt from sales taxes during the holiday weekend. There is no price limit or ceiling for products to qualify.

Immediate delivery required

An item is eligible for the exemption if you pay for it during the holiday period and the retailer accepts the order and takes an action to fill the order for immediate delivery. The actual delivery can occur after the holiday period. Deliveries delayed because of a backlog, order or because the item is unavailable to the seller or on back order by the seller, are still eligible for the exemption during the holiday.

Business buys are not exempt

Items purchased for use in a trade or business are not covered by the exemption. For example, purchases of qualified products by contractors who will install the products in structures for customers are considered to be purchases for use in a trade or business and are not exempt from sales taxes. Rentals also don't qualify.

For more information, call the Taxpayer Assistance and Collections Center at (877) 252-305.



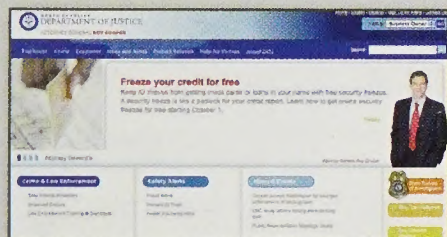
Forget your gas guzzler; take your hay burner

One way to save on gasoline and get fresh air at the same time is to take your horse and cart to the drive-up window when you pay your electric bill, like these two did at Lumbee River EMC, Red Springs.

Protect yourself from identity theft

Tips from the N.C. Dept. of Justice

www.ncdoj.gov



- Protect your financial information.
- Limit the number of credit cards you carry.
- Watch billing cycles for missing bills and review monthly statements for odd charges. Contact creditors if you are missing a bill or if there are charges you don't recognize.
- Use automatic deposit for payroll, Social Security, or other federal benefit checks. Sign up for automatic deposit of federal checks by calling Go Direct at 1-800-333-1795.
- Copy credit cards (front and back) and keep them in a safe place in case a card is lost or stolen.
- Report credit card receipts that print your full credit card number to Consumer Protection at (877) 566-7226.
- Review your Social Security Earnings and Benefits Statement for errors in your yearly salary. To order a statement, call (800) 772-1213.
- You are entitled to one free credit report each year from each nationwide credit bureau. To get your free report, go to www.annualcreditreport.com or call (877) 322-8228.
- To keep track of your credit during the year, request a free report from a different credit bureau every four months. You can purchase additional copies of your credit report directly from the credit bureaus at any time by calling: Equifax at (800) 685-1111, Experian at (888) 397-3742 and TransUnion at (800) 916-8800.



Touchstone Energy

While top-loading washers are easier to use, front-loaders use less water and energy.

New detergents and cold water save money in the laundry

Information about saving energy and protecting the environment came in for Carolina Country readers from Novozymes North America in Franklinton.

Novozymes employs approximately 350 people at the Franklinton plant and over 5,000 worldwide. A leader in "bio-innovation," the firm has some 700 products in use in 130 countries, ranging from products that remove transfats in cooking to those advancing biofuels for power production.

Novozymes also sells enzymes to the detergent. "Enzymes are special kinds of proteins that are ideal for enhancing the washing per-

formance of detergents because they effectively break down specific stains," says marketing director Anders Lund. He says that new detergents contain enzymes that allow you to wash clothes in water at 86 degrees F. and get them as clean as they would get at 140 degrees.

Lund says that by switching hot washes to warm and warm washes to a cold setting on average the American family household can save approximately \$30 per year on the energy bill. If you replace a top-loading machine with a front loader (which consumes about a third of the water per pound of laundry), he says, the savings would be even bigger.

While Novozymes does not name the brands of detergents using its enzymes, communications manager Paige Donnelley said, "Our enzymes are used broadly in the laundry industry by major brands that consumers would be familiar with."

When should you wash in cold water?

- For all washes, except bedding, diapers, cleaning rags, etc.
- When you also use a low-temperature detergent
- When your aim is to refresh clothes and remove stains

When should you raise the wash temperature?

- When you wash bedding, diapers, cleaning rags, etc.
- If you or someone in your household is sick with a contagious disease/infection
- Wash at 140 degrees once a month to keep your washing machine clean

What happens to the used enzymes in the waste water?

- Enzymes are natural proteins that quickly become inactive in the washing machine water and disappear because they are easily biodegradable.

WHERE IN CAROLINA COUNTRY IS THIS? ↘



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Nov. 6 with your name, address, phone number and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our December issue, will receive \$25.

October winner

October's photo showed the William Turner Smith House, located just north of Godwin, off Hwy. 82, on Ross West Road in Cumberland County. Benny Pearce of the Avasboro Battlefield Commission sent the photo and told us the house is being restored to its look at the time of the Civil War battle of Avasboro, March 15–16, 1865. The house was used by Gen. Sherman and the Union Army as a field hospital during the battle. The Avasboro Battlefield and Museum near Dunn are open to the public. For information about events this fall call (910) 891-5019 or visit www.avasboro.com. The \$25 winner chosen at random from all the correct ones was Marthajane Wrench of Godwin, a member of South River EMC.

October



The Ashcott



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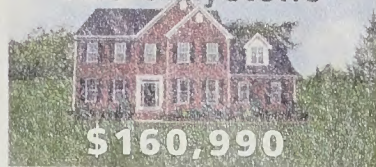
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Once upon a time,

the Fablehaven writer met his Dare County fans

A librarian's Bright Idea brought Brandon Mull face-to-face with high-achieving young readers

By Morgan Lashley



Brandon Mull and his fans at Cape Hatteras Elementary, including librarian Shauna Leggat (right).



Last spring, elementary students in Dare County read books by a famous writer, then had a chance to meet and talk to him. Their once-in-a-lifetime experience happened in part because of the Bright Ideas Education

Grant Fund program, Cape Hatteras Electric Cooperative, and a dedicated librarian at Cape Hatteras Elementary.

Shauna Leggat, the librarian, over the years has won five Bright Ideas grants from Cape Hatteras Electric Cooperative. One of those grants helped jumpstart the popular reading initiative and competition, "Fiction Diggers," which has been adopted at several schools across eastern North Carolina. Leggat's efforts have helped raise student tests significantly. "We've seen growth like you wouldn't believe," said Leggat. "In the first year, we saw a 20 percent jump in scores. Last year, we surpassed every other North Carolina school in writing. We feel we can directly trace the improvement to the extra reading the kids have been doing."

For this year's study season, Shauna Leggat came up with yet another creative way to grow her students' passion for reading and writing. She applied for Bright Ideas funding to bring one of her students' favorite authors to the island.

Best-selling author Brandon Mull conducted workshops, signed books and appeared at assemblies for students from all five of the county's elementary schools during his week-long visit to North Carolina. In preparation for the author's arrival, students studied Mull's Fablehaven fantasy series about two children whose grandfather is the caretaker of Fablehaven, a refuge for mystical creatures and one of the last strongholds of true magic.

Mull recently released his fourth book in his widely successful Fablehaven series. He came to Dare County as part of his nationwide "Imagination Can Take You Places" tour to promote literacy.

When they first saw the young author in person, many Dare County students (and their parents) were star-struck.

Getting the author to Dare County was truly a community effort. In addition to Leggat's Bright Ideas grant from Cape Hatteras Electric Cooperative, Dare Education Foundation and the Dare County Arts Council also provided grant funding for the author's visit. Additionally, Mull and his family's accommodations were provided courtesy of Outer Beaches Realty. 

Morgan Lashley is a communication specialist who coordinates the statewide Bright Ideas program for North Carolina's electric cooperatives.

6.5 MILLION DOLLARS 5,900 PROJECTS 1 MILLION STUDENTS

This month, North Carolina's electric cooperatives will recognize and celebrate our state's teachers. They often spend their own hard-earned money on school-related projects and go above and beyond the call of duty to make learning fun for their students. The electric cooperatives realize that without quality teachers, the future of our state's youth would dim. The cooperatives started the Bright Ideas Education Grant program in 1994 to give teachers the opportunity to apply for grants to fund classroom projects that would otherwise go unfunded or cost teachers their own money. Since the program began, the cooperatives have awarded more than \$6.5 million to deserving teachers across the state and will exceed the \$7 million mark this year. The program has funded more than 5,900 projects and reached more than 1 million students. The application process will kick off again in April of 2010 and the deadline to apply is late September. Visit the Bright Ideas Web site for details and information about how to apply: www.ncbrightideas.com.



By Scott Gates

What if we could
produce electricity
today and store it
somewhere to be
used tomorrow or
later in the week?

Electricity remains tricky to manage. When it's created, it must immediately move to where it can be used.

When it's needed, it must be instantly on hand. Yet there's no sure-fire way to store it, unlike water or natural gas.

Because of this "use it or lose it" factor, engineers have long sought methods to "stockpile" electricity. In recent years, the need for energy storage has grown—from supplementing renewable energy sources like wind farms to powering hybrid electric vehicles. All of this has sparked new efforts to find the better battery.

"Energy storage could solve so many problems and help control electric rates," says Bob Gibson, senior program manager with the Cooperative Research Network (CRN), an arm of Arlington, Va.-based National Rural Electric Cooperative Association (NRECA). "The potential is enormous."

Large-scale energy storage was first used in the United States in 1929, when a 31-megawatt pumped-storage hydro facility came online. Pumped-storage hydro involves pumping water uphill to a reservoir during times of low electric use, such as at night. The next day, when people are active and electricity consumption peaks, the water is released through turbines to convert that "stored" energy back into usable power.

About 3 percent of the nation's total electricity is generated using this method, according to the U.S. Department of Energy. Most pumped-storage hydro plants were built from the late 1950s to the late 1980s, which taps almost all of the technology's potential—there are few prospective sites for new installations.

"Pumped-storage hydro is only feasible near special geographic features," notes Gibson. "Batteries, on the other hand, can be put anywhere."

Bigger, better batteries

To date, large-scale battery arrays haven't offered a good energy storage option for co-ops—they're expensive, don't hold a charge for long, and can have short lifespans. But as technology improves, many see the "better battery" as a major breakthrough waiting to happen.

Batteries used for large-scale energy storage range from glorified lead-acid versions (what's in your car) to more advanced nickel-cadmium batteries (such as those running a cordless drill). A recent CRN study analyzed these and other battery types to find the best for co-op use.

"We looked at all of the different options out there," explains Dale Bradshaw, a consultant to CRN. "The head-and-shoulders winner, with the lowest up-front cost, longest life, acceptable efficiency, and low environmental impact, appeared to be the zinc-bromide battery."

As a result, CRN plans to put zinc-bromide batteries to the test through a proposed research project with four electric co-ops that could win federal funding before the end of the year. Each co-op would demonstrate how the batteries could be used in different ways, in different parts of the country.

On the road

Though there's great potential for large, utility-scale batteries, better batteries are also needed on a smaller scale, especially if electric vehicles are to become mainstream.

Thirteen co-ops in a dozen states—including the North Carolina Association of Electric Cooperatives and Four County EMC—are road testing plug-in hybrid electric vehicles (PHEVs), most of which are part of a project sponsored by CRN and the U.S. Department of Energy's Idaho National Laboratory.

PHEVs take traditional hybrid cars—which typically supplement a gasoline engine with nickel-metal hydride batteries recharged by braking—a step further by using larger, more powerful lithium-ion batteries that can be charged overnight from a standard 110-volt outlet. Batteries alone power the cars over short distances; a gas engine kicks in for longer hauls. As a result, PHEVs can average between 120 and 150 mpg on trips less than 40 miles.

The Electric Power Research Institute (EPRI), of which electric co-ops are



General Motors is set to roll out a plug-in vehicle next year. The Chevrolet Volt will rely on rechargeable lithium-ion batteries for its electric power, and could achieve up to 230 mpg in the city.

members, recently noted that a dramatic increase in the number of plug-in hybrid electric vehicles on the road over the next 20 years could reduce total U.S. carbon dioxide emissions by 9 percent. EPRI estimates that 100 million PHEVs would do the trick; there were 247 million registered vehicles on the road in 2007, according to the U.S. Department of Transportation.

One roadblock is—you guessed it—the batteries. Lithium-ion batteries powering PHEVs are similar to what's used in cell phones and laptops, although they're not fully proven in cost-effective automotive applications. But things are looking up: a report by the California Air Resources Board found manufacturers "making impressive technical progress worldwide," especially in improving longevity and safety.

What's more, General Motors is set to roll out a plug-in vehicle onto lots next year. The Chevrolet Volt will rely on rechargeable lithium-ion batteries for its electric power, and could achieve up to 230 mpg in the city, according to early GM estimates.

"The key to high-mileage performance is for a Volt driver to plug into the electric grid at least once each day,"

notes GM CEO Fritz Henderson. The resulting electricity costs would add up to roughly 3 cents a mile.

CRN has recently partnered with Ford Motor Company, which received a \$30 million U.S. Department of Energy grant to develop its electric fleet. Ford plans on releasing its own plug-in hybrid electric vehicle in 2012. The partnership could provide CRN with opportunities to test and purchase Ford's early commercial PHEVs, as well as answer important questions such as how the new vehicles will affect co-op electric grids—the transmission and distribution lines connecting power plants to consumers.

"If PHEVs were to be used on any widespread scale, it could create some very unique challenges for distribution systems," cautions Barry Lawson, NRECA manager, power delivery. "It would be expensive and time

consuming to upgrade the grid to deal with such a unique new technology, which would consume electric power and potentially feed electricity back in to the distribution system—just like any larger utility-scale battery system or generating facility. Reliability and safety are also big issues in making such a system work properly."

He concludes: "We must take measured, careful steps with anything related to developing technology. New energy storage technology and equipment, both large scale and in PHEVs, have the potential to provide benefits to the electric utility system, but it must be done in a reliable, safe, and affordable manner." 

Scott Gates writes on consumer and cooperative affairs for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

The many uses for a better battery

Many see the "better battery" as a major breakthrough waiting to happen. Electric co-ops are leaders in researching this kind of energy storage, which could have many applications.



Periods of peak demand, when people come home in the afternoon and use more electricity, are met with costly natural gas-fired generators (pictured). A battery could do the job for less.



Renewable sources don't always generate power when needed. If that unused energy could be stored and put to work later, a wind farm, for example, would be more productive.



A battery near the substation serving your home could keep lights on should a power line leading into that substation fail.

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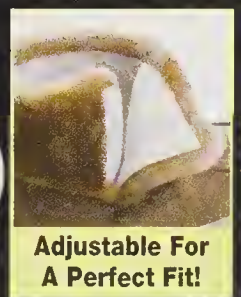
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do as we do

Ideas for teaching children good behavior and manners

The Mommy Check

When I became pregnant with my son, my 3-year-old daughter couldn't quite believe that a baby could fit in a tummy so flat. But as my belly began to expand, I explained to my daughter that Mommy's belly was getting bigger because baby needed room to grow. Soon after that, every time my daughter saw a woman with a slight pudge in her middle, she would ask, "Do you have a baby in your stomach, too?"

The first few times she did this, I was so embarrassed I wanted to melt into the floor. To get her to stop asking this question, and questions like, "What's wrong with your teeth?" (to people with visible cavities), or "You have a bump right here," (to those with acne problems), I explained that her innocent questions can really hurt people's feelings. I explained that it's impolite to verbalize people's imperfections.

Now, to make sure her words aren't offensive, she runs a confidential Mommy Check on each question before asking it. Explaining why a child should or shouldn't do something helps them grasp the concept and refrain from embarrassing behavior—or at the least, embarrassing inquiries.

Jessica Barrow, Cameron, Central EMC

No manners, no candles

When our son was 2, my husband usually walked through the door as I was putting supper on the table. This didn't give the baby much time to settle down from his excitement over seeing Daddy, so mealtime was a lot like wrestling an octopus. We couldn't keep him in his seat, much less teach him to use good table manners and eat properly.

Then I remembered how he loved to blow out the fragranced candle that I burned in the kitchen, and it gave me

an idea. I got three inexpensive taper candles and candlesticks and put them on the table as a centerpiece. At the beginning of each meal, we would light the candles—even hot dogs taste better by candlelight!—and each time we had to remind him of manners, we would blow out one candle. If any were left burning at the end of the meal, he got to blow them out. I'll never forget how excited he was when he got to blow out all three candles, and how excited my husband and I were that we had enjoyed a calm, peaceful meal.

Ten years later, he's a perfect gentleman. At least at mealtimes.

Shannon Whitehurst, South Mills, Albemarle EMC

Do unto others

I believe we have to teach our children to have compassion for others by teaching them not to be selfish. Don't hand them everything they want. Teach them a good work ethic. Let them know that there are consequences to bad behavior and enforce them, whether it means a good scolding or a good whipping.

Most importantly, we as parents should teach by example. The rules we set for our children we must live by as well. Don't apologize for disciplining them. Don't be ashamed to admit when you are wrong, because you'll teach them that you are honest and that you truly care about them. When they see this, they'll want to treat others the same way. They will truly value the feelings of others and wish to be at peace and in harmony with those around them, old and young alike.

You may wonder where I came up with my guidelines. The Scriptures. You can't go wrong.

Laura Horne, Marshville, Pee Dee EMC

How to banish the Whiney Voice

The behavior that drove my husband and me up the wall was the Whiney Voice. Even when the kids weren't trying to wheedle some treat or bemoan an injustice, they would use the Whiney Voice. Unfortunately, I usually ended up with a Whiney Voice of my own.

To cure this very annoying behavior, I became deaf to it. When the Voice started, I would let them whine away for a few moments, then politely respond, "I'm sorry, I can't understand you. What did you say?" By consistently declining to understand them whenever they used the Voice, all three kids would quickly and quietly revert to a calm, normal voice. We successfully banished the Whiney Voice from our lives.

Anne Fodor, Wake Forest, Wake EMC

Front porch discipline

When our children were small they fussed and fought a lot. We were beginning to think they would never be able to get along.

One day in the summer, they were at one another more than usual. My husband had finally had enough of their antics, so as their punishment he sat them on the front porch and made them put their arms around one another. When a car passed from the right, Haley had to kiss Caleb on the cheek and say, "I love you, brother." And when a car passed from the left, Caleb had to kiss Haley on the cheek and say, "I love you, sissy."

Needless to say, they were able to get along much better, at least in our presence.

Tim and Becky Benton, Pinnacle, Surry-Yadkin EMC

What we learned in kindergarten

We are told that children under the age of 7 learn most of how they behave from seeing those around them. It is my impression that many adults are not the best example of good behavior. (Think of any TV “reality show” to bring to mind a horror of manners.)

We adults must bear the responsibility for the lack of good manners in our children. In my own search for tips on how to behave, I realized that everything I need to know for me and my child, I learned in kindergarten:

Be kind

Be courteous

Say “Please” and “Thank You”

Don’t cut in line

Share

Keep your hands to yourself

Play nicely with others

Don’t chew with your mouth open

Don’t pick your nose in public

Seems so simple and yet I find many of these a challenge on a daily basis. If I am challenged by these rules as an adult, my child must find these hard to follow as well. I will persevere and learn to be the kind of person my kindergarten teacher would be proud of and my child can emulate.

Lori Kawulok, Huntersville, Energy United

Be consistent and follow through

I think one of the biggest mistakes parents make is not to be consistent in what they say and do. They may tell a child, “Stop doing that, or I’m going to punish you.” But when children continue to misbehave, they see no consequences. Children soon learn that even though Mommy or Daddy may say one thing, they really don’t mean it. This becomes especially confusing when there are punishments in some instances but not in others. If you tell your children that they will be punished for certain behavior, then you really need to follow through with that punishment.

It is even more confusing when the parents don’t agree on punishing certain behaviors. Parents should present a united front: if one parent corrects a behavior, then the other parent should

support that correction, especially in front of the child.

Most of all, instead of giving your child the impression that you do not love them, let them know it’s their behavior you do not like.

Darrell Kidd, Randleman, Randolph EMC

Take time to explain

I’m a firm believer in people being a product of their environment, at least to some degree. A kid that grows up in an angry home will be angry. A kid that grows up in a loving and giving home will be loving and giving.

These are things I always try to remind myself before disciplining my child. The knee-jerk reaction would be to yell or give him a slap on the wrist, but does that really have any long-term value? Of course not.

I take a deep breath, approach the situation, and then explain why whatever he did was wrong, even if it happens dozens of times. Eventually, he will understand. More importantly, he learns poise and control.

Conflict, revenge and abuse are never permanent solutions. Like with anything else, communication is the key. This way, the child and parent can understand each other’s position and adjust accordingly in the future. I also feel this will go a long way for him when building friendships in school.

Dan Moskowitz, EnergyUnited

Watching Grandmamma

My daddy made sure I knew he would not tolerate unacceptable behavior. He was a strict but loving father who was always there for me. I can still see him shake his head over an embarrassing display of poor manners or behavior from me or someone else.

He had two main ideas. First, everyone in the family was as important as everyone else, baby to grandma. Second, parents should set a few unchanging rules, enforced by appropriate rewards and punishments. Of course, challenging situations will always arise.

At the supper table one evening, I watched as my grandmother, who suffered from unwieldy false teeth, mashed

up her pinto beans, crumbled cornbread on top, and used bean juice to soften it. To a child of 5, that looked like the thing to do, and I copied her. Daddy looked at me, then at Mother. He opened his mouth but didn’t say anything.

Later, when I was scolded, I was confused. I had used my fork and my napkin. I had eaten it all. But the hardest part for Daddy to get around was, “Grandmamma did it!”

Linda Sinclair, Boone, Blue Ridge Electric

Give us an inch

There are many ways my Mom and Dad have tried to get our attention and get us to behave. But nothing has worked better than writing pages. Depending on how bad we are, my parents give us five pages to write or sometimes 20. But it works. The sentences always start out: “I will not...” or “I will...” When we misbehave, we can always count on writing our hearts out.

Another tactic Mom and Dad use on me is to threaten to take my cell phone. Or they just confiscate it without warning. Then I realize that I did something wrong! But at 16 years old (almost 17), I am pretty well-behaved.

For my younger sisters, who range in age from 8 to 2, Time Out and losing privileges such as watching television are pretty popular.

I have learned from my parents that the key is sticking to your punishment. If you let up and go easy, kids will keep pushing you. If you give no discipline now, you get a brat now and a bad citizen later. Give us an inch and we will take a mile! ☺

Hannah Daniel, Walnut Cove, EnergyUnited



Thanks to everyone who sent us ideas for teaching

discipline to children. You can see more at our Web site. One month remains in our “Nothing Could Be Finer” series. Next month we’ll publish stories about your strange family traditions. (Deadline was Oct. 15). Check out our new “I Remember” series on page 18 to learn how to submit your stories and pictures.

I Remember...

In January, Carolina Country will begin a new series, and we're inviting everyone to contribute. We'll publish a section of your stories and pictures about your memories of times, people, events, scenes, whatever memories mean a lot to you. You don't have to be a great writer. Just tell it from your heart.



Daddy and his tractor

I remember my caring Daddy. He was a soft-spoken, hard-working man. He loved his tractor even though he was not a farmer. He worked as long as I can remember driving a truck for the Commercial Ready Mix cement plant in Ahoskie. He used his tractor to help others with their gardens or smoothing their drive-ways and anything else he could do. The picture shows my daughter, who loved to ride with him. Misheala was 1 year old and is now 6 and in first grade this year. My dad, Dan Taylor, passed away in July of this year.

Wanda Taylor, Cofield, Roanoke Electric

Working tobacco on Cow Ridge

My dad always worked hard to provide for our family and nothing is more precious than to remember him in days gone by. This shows my dad, Abe Gammons, along with family and friends during the tobacco planting time in May 1940 on Cow Ridge, better known as McBride Road today in Mount Airy.

Betty Marshall, Mount Airy, Surry-Yadkin EMC



The color guard's performance

When I was with the color guard preparing for a ceremony ball to honor the achievements of the cadets, all I remember was Mr. Larson calling out when we made marching errors, "Stop! Come back and do it over!" Although we were flustered having to repeat the same drill, we knew this practice would make us better for the ball that night.

As the time drew closer, cadets filed into the ballroom displaying their suits and dresses to show off who had the best suit or the best dress. The teachers and instructors filed in right after them, telling the cadets, "You all can't eat until the ceremony starts." Some were seated and asking "When does the ceremony start? We're starving!"

When the ceremony ball started, the complaints about eating stopped. As the commander of the color guard, I was tense. I kept telling myself, "I got this. I got this."

When we were lined up for the performance, all eyes were on us. When we completed the act, there wasn't a dry eye in the house, and there wasn't a sound to be heard. As we left, we began to hear the clapping and people saying what a good job we did. It was a stressful night, but unforgettable.

Matt Day, Spring Lake, South River EMC

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Riding with Mr. Smith

I was about 5 years old in 1928 when I started first grade. There was no kindergarten back then. I lived about a mile and a half from the school in Avery County. A man by the name of Cart Smith had the job of hauling us to and from school in a covered wagon. It had a top just like the ones in the old wagon trains. My sister met Mr. Smith's son while riding in that covered wagon and married him several years later. When I tell youngsters today about riding to school in a covered wagon, they think that would be cool.

Clay Turbyfill, Morganton,
Rutherford EMC

Doing anything

Having grown up a tomboy, I was forever running somewhere, jumping off something, riding or driving something. The higher I climbed or the faster I traveled, the more I was certain that I could do anything. No fear! Not from me, anyway. I was a cannonball of self-destruction. And all the cuts, bruises or scrapes were lovingly soothed by my mother's home remedies.

Then, one day, everything changed.

I was, maybe, 4 or 5—small enough to consider jumping from the highest roost in the chicken coop, a challenge and a source of entertainment. With all the energy I could muster, I jumped up, hit my head on the ceiling right where a nail peeked through. The pain was excruciating, and blood poured down my face. I ran to the house crying, terrified.

My mother was frantic, so my father rushed me to the doctor's. There I received the first tetanus shot that I remember. It hurt, but not badly enough for me not to take the next jump—you know the one—using an umbrella as a parachute, jumping off the top of that same chicken coop on another sunny day when I thought I could do anything!

Jacqueline Dove-Miller,
Youngsville, Wake Electric

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31	11.02	10.06	13.34	11.81	20.56	17.50	51	21.79	19.60	32.59	29.09	57.75	51.63
32	11.11	10.15	13.78	12.25	21.00	18.38	52	23.10	20.47	35.22	30.84	62.56	54.69
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39	12.51	11.29	16.41	14.87	26.25	22.31	59	39.38	28.87	62.56	47.25	116.81	83.56
40	12.95	11.64	16.84	15.31	27.13	22.75	60	43.05	30.45	68.25	50.31	128.19	88.38
41	13.39	12.08	17.50	15.97	28.44	24.50	61	46.38	32.20	75.47	54.47	143.06	96.25
42	13.91	12.51	18.38	16.84	30.19	26.25	62	50.14	34.21	83.78	59.06	159.69	105.44
43	14.44	13.13	19.47	17.94	31.94	28.44	63	54.78	36.66	94.06	64.97	180.25	116.81
44	15.14	13.74	20.56	19.03	34.13	31.06	64	59.68	39.29	104.78	71.09	202.13	128.63
45	15.84	14.44	21.88	20.13	36.31	33.69	65	65.19	42.18	116.81	77.88	226.62	141.75
46	16.54	15.14	23.19	21.22	38.94	35.88	66	75.43	47.95	129.06	87.28	250.69	161.00
47	17.41	15.84	24.50	22.53	41.56	38.50	67	87.06	54.43	142.63	98.00	278.25	182.44
48	18.38	16.80	26.47	24.06	45.50	41.56	68	101.32	62.47	159.69	111.34	312.38	209.13
49	19.42	17.76	28.22	25.81	49.00	45.06	69	116.37	70.96	177.63	125.12	347.81	237.12

Premiums illustrated represent 10 year level term insurance with guaranteed level premiums for 10 years. \$100,000 - \$500,000 rates are Select-A-Term [policy form no. 07007] Preferred Plus Non-tobacco. This coverage features a level death benefit with fully guaranteed level premiums for the first 10 years with coverage to expire at age 95. The policy may be continued on Annual Renewable Term at the end of the level premium period without evidence of insurability until the anniversary nearest the insured's 95th birthday. The underwriting risks, financial and contractual obligations and support functions associated with products issued by American General Life Insurance Company (AGL) are its responsibility. AGL does not solicit business in the state of New York. Policies and riders not available in all states. Premium rates current as of September 2009; rates may vary by state. Premiums available for other rate classes, ages and payment plans. Premium charges depend on evidence of insurability. Premiums increase at the end of the guaranteed term if policy is renewed. Death benefit remains level. The policy may be contested for two years from the date of issue for material misstatements or omissions on the application. Death benefit is limited to return of premium paid in the event of suicide within first two years. Rates subject to change. Standard Marketing Services represents AGL and other fine insurance companies.

Application Request Form

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AMT. OF INS. DESIRED _____

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BENEFICIARY _____ AGE _____

SIGNATURE _____

The best time to call me is: (☐ Home or ☐ Work)

☐ 8-10 am ☐ 10-12 ☐ 12-2pm ☐ 2-4 ☐ 4-6 ☐ 6-8 ☐ 8-9

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AMT. OF INS. DESIRED _____

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Carolina Country NOVEMBER 2009 19

FREE LOVE MAKES A COMEBACK

Make her day (and yours) with this \$395 necklace of genuine 9 1/2 mm cultured pearls... FREE!

One of my generation's greatest musicians once wrote, "All you need is love." I couldn't agree more. But unfortunately, that song's sentiment doesn't hold up so well around holidays. As my wife is fond of saying, "All you need is love... but a little jewelry doesn't hurt either." That's why here at Stauer we've decided to give away a spectacular 18" strand of giant 9-9 1/2 mm cultured pearls... absolutely FREE.

You read that right. In the spirit of both free love and free jewelry, this luxurious necklace of luxury-sized, white cultured pearls is yours for a phone call (you pay only basic shipping and processing).

The necklace that never goes out of style. A giveaway this outrageous deserves a piece of jewelry with a legendary reputation. That's why we chose the all-time favorite accessory of royals, starlets, fashionistas and First Ladies. But rather than choose a demure strand that sits politely on a woman's neck, we found a blockbuster cache of ENORMOUS 9-9 1/2 mm pearls to make a necklace that can't be ignored. You can shop online and browse stores all day and you'll find plenty of dainty 6 and 7mm pearls, but 9-9 1/2 mm are found only in the highest-end luxury retailers for top dollar.

Nature's beauty gets a boost. These are genuine cultured pearls, there's nothing imitation about them. The complex process was perfected by the Japanese at the end of the 19th century and today, cultured pearls are the choice of luxury brands all over the world.



The Stauer Cultured Pearl Necklace features extra large pearls, each slightly unique in shape and formed naturally inside the oyster's shell.

Your Stauer *Cultured Pearl Necklace* is a classically beautiful strand of luminous, extra large cultured freshwater pearls that you can compare to similarly-sized strands priced as high as **\$800 to \$1,000!** The closure is a unique, 22K gold-fused sterling silver magnetic clasp (it goes on and off without effort, but holds tight). It sounds hard to believe, but this elegant necklace really is yours **FREE**. You pay nothing except \$29.⁹⁵ in basic shipping and processing costs.

It's okay to be skeptical. But the truth is that Stauer doesn't make money by selling one piece of jewelry to you on a single occasion. We stay in business by serving our long term clients. As soon as you get a closer look at the exclusive selection, you're not going to want to buy your jewelry anywhere else.

One last point... It's been more than 40 years since Woodstock, so we figured it was about time for the idea of FREE LOVE to get a makeover. Please feel free to share our offer with friends, family and strangers. Spread the word. Share the love. But do

it soon because we were only able to get so many pearls at this price. This offer won't last forever and is **limited** to one per shipping address. Please don't wait to call.

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- Genuine 9/9 1/2 mm white cultured pearls
- 18" strand, hand-knotted
- 22K Gold-fused Magnetic clasp

9 1/2 mm Cultured Pearl Necklace (18" strand) **Your Cost—FREE** — pay shipping & processing only.

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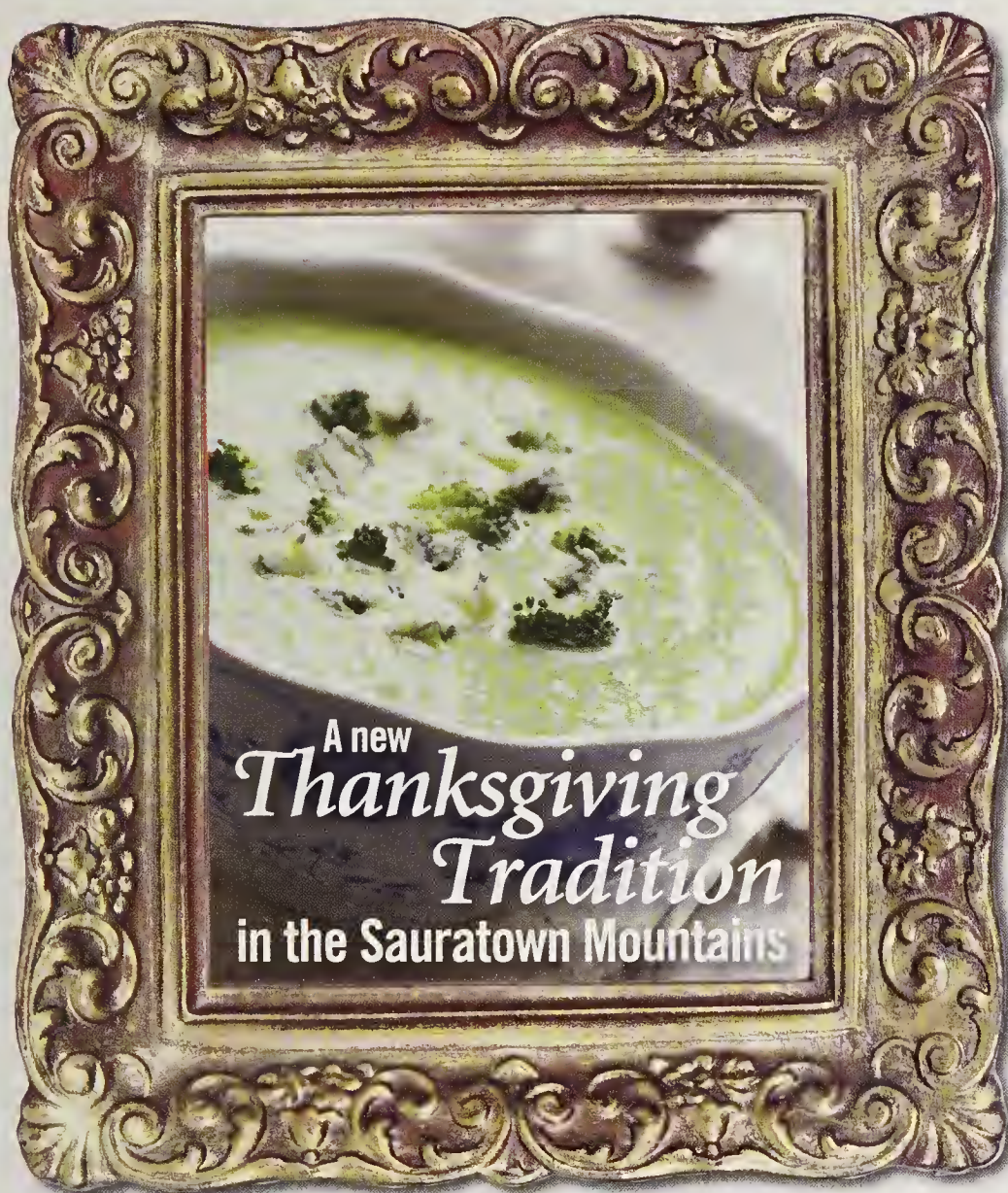
**Extremely
Limited Availability**

Genuine 9-9 1/2 mm cultured pearls. Enlarged to show detail.



Ask about our satin and velvet travel case.

By Katie Martin



Thanksgiving Eve Broccoli Soup

½ cup chopped onion	¾ cup chicken or vegetable broth	1 cup fresh or frozen broccoli
¼ cup butter		
¼ cup all purpose flour	1½ cups Half and Half	1 cup fresh white mushrooms (optional)
¼ tsp salt	1½ cups sharp cheddar cheese (or your favorite)	
¼ tsp pepper		

Saute onion and mushrooms in butter in a soup pot. Add broth, salt, pepper, onions and broccoli. Bring to a boil, watching closely. Reduce heat to simmer. Add Half and Half to mixture. Add flour gradually, stirring slowly. Then add the cheese, starting with ½ cup and adding a little bit at a time until it reaches your preference. (I use 1½ cups.) Continue to cook slowly, watching carefully, so it doesn't burn. Serve hot with bread and salad.

When we moved to Stokes County to a small town in the “small mountains” of North Carolina, we built a small house 12 miles from the nearest traffic light. Here we learned about the simplicity and traditions of the Sauratown Mountains

One of our neighbors had a cabin nearby that they used for special holidays and weekends. Thanksgiving was one of those holidays.

Eventually we joined them for various activities, talks around the fire and memorable meals. When it came to Thanksgiving, we each had family for Thanksgiving Day dinner and other traditions. The day before Thanksgiving is always a busy time trying to put together the Thanksgiving meal and both our families were always busy.

One year on the day before Thanksgiving, our friends' daughter made homemade broccoli soup. Soon it became our Thanksgiving Eve celebration.

Once she has made the soup, their daughter calls or comes to get us. We all pause for a moment to compare notes about our upcoming Thanksgiving Day plans, and we thank God for our blessings.

There is nothing like warm soup, fresh bread and homemade salad and dressing on a late November night. As the fire burns behind us, we remember with thanks and fellowship the traditions of those who came before us. 🍲

Katie Martin lives in Danbury.



Invest in research before hiring a financial planner

If you're looking for a qualified financial planner, the first investment you need to make involves time and effort. This means doing homework and testing the candidates to find a planner whose style, qualifications and ethics meet your needs. Here are some tips:

Decide on the services you want. Are you looking for retirement planning? Investment guidance? Advice about insurance products? Knowing your needs can help narrow your search.

Get references. Ask friends and colleagues for names of professionals they've worked with and trust—especially people with financial profiles similar to yours.

Look online. Search the databases of reputable national organizations that require members to earn specific credentials and adhere to ethical standards. Try the National Association of Personal Financial Advisors (www.napfa.org) or the Certified Financial Planner Board of Standards (www.cfp.net).

Look for credentials. The title “financial advisor/planner” doesn't mean much—anyone can claim to be one. You want a trustworthy professional with experience in the industry, preferably someone who holds the Certified Financial Planner (CFP®) designation. This certification requires extensive testing, experience and ongoing education. CFPs also pledge to serve their clients' best interests above all else.

Do a background check. When you have identified a few candidates, request copies of their ADV Forms, Part II. Planners and advisors must file this form with the U.S. Securities and Exchange Commission, and it contains detailed information about services and fees. For a public report on any complaints or disciplinary action against a planner, check with your state securities regulator—go to www.nasaa.org. (See contacts for North Carolina at right.) To look into a securities firm or broker, you can also use a free online tool offered by the Financial Industry Regulatory Authority at www.finra.org/brokercheck.

Consider payment. Once you know how a planner charges—fee-only, commission, a combination of the two, or salary only—you can decide what works for you. Is it sensible to pay a percentage of your assets for annual guidance? Or can you get what you need in two or three hours of sessions?



Invest the time to find a qualified, trustworthy financial planner.

Interview. The advisor should provide you with a written agreement detailing how fees are paid and what services will be provided. Ask how he or she measures success with clients. And would you be required to implement a financial plan through this advisor, or could you execute it yourself?

Listen to the advisors' questions. Are they interested in your financial priorities and goals and your comfort levels with risk? Or do they begin to suggest products you might purchase and focus on your net worth? ⓘ

Lisa Hughes-Daniel is a marketing communications consultant who writes for the National Rural Electric Cooperative Association.

North Carolina resources

If you are considering working with a stockbroker or investment advisor, the Securities Division of the Secretary of State in Raleigh can tell you whether a person or firm is properly registered as such in North Carolina. The division does not regulate “financial planners,” as far as the term per se, although an investment advisor may be referred to as a financial planner and do financial planning. Call (919) 733-3924 or visit www.secretary.state.nc.us/sec.

For other types of financial planners, check with the Better Business Bureau. The main bureau doesn't have a general phone number but at www.bbb.org, simply type in your zip code and it will direct you to your regional bureau's site. There, you can obtain its phone number or investigate a person or business. For example, if you type in the Statesville zip code 28687 you will be directed to the BBB of Northwest North Carolina's site.

If someone offers you an investment that sounds too good to be true, the Securities Division encourages you to make sure that the offer and the person making it are properly registered with the state. Call the investor hotline at (800) 688-4507.

Electric hybrid boats

Americans spend 500 million hours zipping around in recreational boats each year. But until recently the engines on these boats were held to much lower efficiency standards than their automotive counterparts. Last year the U.S. Environmental Protection Agency announced new more stringent emissions standards for marine engines—both in-board and outboard—that will go into effect in 2010. In fact, several hybrid boats are already on the market, boasting emission ratings well below the new standards.

The 24-foot Endeavor Green Electric Hybrid can run all day on an electric charge that costs about 11 cents and generates no emissions, kicking into a small diesel generator only if the boat's eight batteries run dry.

Florida-based Craig Catamaran Corp. last year launched a hybrid version of its compact catamaran-style speedboat. The little two-seater, which is light enough to be towed by a small car, can run for eight hours on less than a gallon of gas, and costs less than \$6,000 all in.

The 25-foot Frauscher hybrid is a speedy \$155,000 Austrian-built pleasure boat that combines an electric engine with a 256 horsepower Steyr diesel motor.

The U.S. Navy has reportedly contracted with Solomon Technologies, makers of the famous Zodiac line of rugged inflatable boats, to create a series of hybrid boats where fuel efficiency and quiet passage is of paramount importance.

To learn more: Endeavour Green, www.endeavourgreen.com; Craig Catamaran, www.craigcat.com; Frauscher Boats, www.frauscherboats.com; Solomon Technologies, www.solomontechnologies.com.

Appliance shopping guides



There has never been a better time to upgrade some of those older creaky appliances that are gobbling up much more energy (or water) than they need to in your home. The first thing to do is to look for models emblazoned with the blue Energy Star logo. This helps you zero in

on those models that have been determined by the federal government—Energy Star is a joint program of the U.S. Environmental Protection Agency (EPA) and the Department of Energy—to be at least 10 to 25 percent more energy-efficient (and often much more) than conventional models.



John K. courtesy Flickr

The recently retrofitted Hornblower ferry to Alcatraz and Angel islands in San Francisco runs on several alternative energy sources, including a hybrid diesel-electric system powered by solar cells and wind turbines right on deck.

Energy Star qualified dishwashers use 31 percent less energy and 33 percent less water than conventional machines while performing as well as or better. With clothes washers, Energy Star models can cut energy use by over a third and water use by half. Energy Star-rated refrigerators will cut electrical use in half, compared to older machines made before 1993. With air conditioners, the savings is there, too, though at a more modest 10 percent over conventional models.

After first zeroing in on Energy Star models, be sure to check out the accompanying yellow Energy Guide sticker, which estimates how much energy the appliance uses, compares its energy use to similar products and lists approximate annual operating costs. Energy Guide labels also appear on appliances not Energy Star compliant.

Check out the Consumers Union (publisher of Consumer Reports magazine) free Greener Choices Web site, which compares a wide range of merchandise according to their relative environmental impact. Each appliance is assessed in comparison to other models via the site's Green Buying Guides. It also offers up a series of calculators to determine the energy use of your current appliances, new or old. ⓘ

To learn more: Energy Star, www.energystar.gov; Greener Choices, www.greenerchoices.org.

Got an Environmental Question?

Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit it at: www.emagazine.com/earthtalk/thisweek, or e-mail: earthtalk@emagazine.com. Read past columns at: www.emagazine.com/earthtalk/archives.php.



By Kit Parks

On Sept. 1, North Carolina enacted a new state law banning flimsy plastic bags from many retailers on the Outer Banks in a pilot program that may expand to the entire state. In three Outer Banks counties, the law requires retailers that have five or more chain stores, or more than 5,000 square feet, to stop giving out plastic bags and instead offer customers 100 percent recycled paper bags and incentives for them to bring in their own reusable bags.

Supported by the region's state Sen. Marc Basnight among others, the basis of the law is to reduce the danger plastic bags pose to wildlife, in particular marine life. Research showed that some species, such as the endangered leatherback turtle, mistake the discarded bags as jellyfish and otherwise swallow the plastic bags, which can choke or entangle them. Plus, plastic does not

biodegrade, it photodegrades. This means it continues to break down into smaller and smaller particles so animals inadvertently eat even these small pieces. The fine particles can also settle on the ocean floor and smother reefs, making them devoid of life.

But Hyde, Dare and Currituck counties, as they implement the no-plastic-bags system, are finding that paper bags can cost 10 times that of plastic bags, and these costs will be passed on to consumers.

Surprisingly, paper bags may be less environmentally desirable than plastic bags. How can that be? According to the American Chemical Council, making a plastic bag costs 70 percent less energy than making a paper bag. Plus, because they are heavier, shipping paper bags costs seven times more than to ship plastic bags. Then when they arrive at the stores, the paper ones require more storage space, thus adding more costs for retailers to pass on to consumers.

A solution could be that you would not use paper or plastic bags, but a reusable bag. Many people have purchased reusable bags, but then they leave them in the car and don't realize it until checkout.

Here are some reusable bags available today:

- Standard, common non-woven polypropylene bags are made of a fabric-like plastic. They retail for about 99 cents. Most are hand-wash or spot-wash only. Most are resin code 5, which few municipalities recycle.
- Nylon and polyester sports mesh bags retail for \$2-\$15. These

are generally machine washable, durable, lightweight and fully recyclable (resin code 1), and can fold into a pocket.

- Canvas bags usually retail for \$15 or more. These are usually washable and very durable, but are not lightweight and are too bulky to fold into a pocket.
- Insulated bags range from \$2 to \$20 and are good for bringing your meats and frozen foods home as well as for picnics. They are lightweight, sometimes watertight, and can keep food cool longer than a standard bag. They are not as easy to completely sanitize. Some grocers offer these at about \$5.
- A coated polyester bag looks like canvas, but the coating resists moisture. They often have a comfort grip handle and will last for years. Retail is about \$15.

It's important to choose a durable, washable, reusable bag in order to make it environmentally friendly. Also, check the label to see if the bag is recyclable when it does eventually wear out. **G**

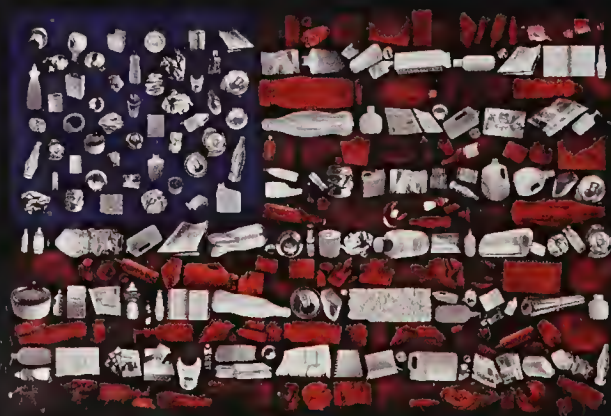
Kit Parks, a member of Carteret-Craven Electric Cooperative, is president of Ecoroot, a North Carolina-based company that offers a patent-pending reusable mesh bag that folds into its own pocket (see photo). The lightweight bags are washable. Ecoroot donates 20% of its profits to environmental education awareness programs. To learn more, visit www.ecoroot.com/retail.



America Recycles Day, celebrated on Nov. 15 each year, is dedicated to encouraging Americans to recycle and to buy recycled products. America Recycles Day (ARD) first began in 1997.

This year, ARD falls on a Sunday, but many events will be held Friday, Nov. 13, and Saturday, Nov. 14, as well. Events in North Carolina include festivals, school supply swaps, school clean-ups, electronics drop-offs and much more.

For 2009 ARD events in your area, call (800) 763-0136 or visit www.am-recycles.org/north-carolina.aspx or www.p2pays.org/ARD.html.



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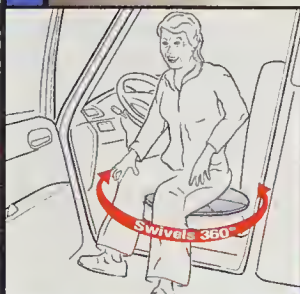
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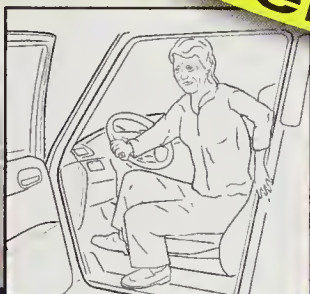
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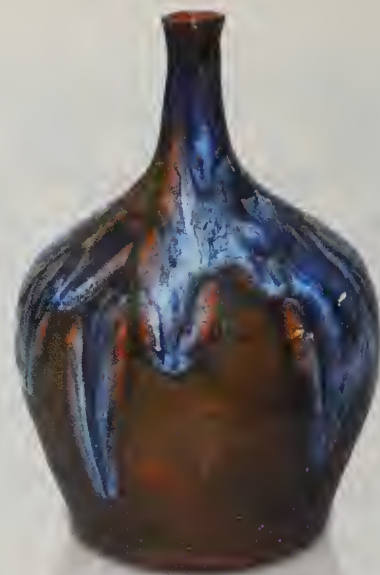
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The Carolina Country Store HOLIDAY GIFT GUIDE

"Memories" art print

After the great response Ronald Ragland received when his "Memories" art print was featured in Carolina Country magazine last year, he decided to present it one more time to those who missed it. It depicts his father, Hugh Ragland (right), priming tobacco with associate, Albert Downey, and his mule, George, while others in the background put tobacco in the curing barn. Ronald says the scene is along Durham Road in Granville County where he grew up. Signed prints of "Memories," measuring 16 by 20 inches, are available in full color on museum-quality paper, for \$60 (includes shipping).

Ragland Prints

4215 Jane Lane, Raleigh, NC 27604
(919) 876-8747 | www.beagleart.com

Treats for your cookie

Carolina Cookies have packages to remind moms, dads and sweethearts that you love them and to show clients and customers that you appreciate them. The Greensboro-based company ships its cookies, including sugar-free treats, the same day they are baked. A popular gift selection is the "Cookie of the Month Program," with shipping for three-, six- or 12-month periods and several packaging options available. One dozen each month for three months costs \$53.95.

Carolina Cookies

1010 Arnold St., Greensboro, NC 27405
(800) 447-5797 | www.carolinacookie.com

Berry Towne Crafts

Berry Towne Crafts, an artisan program for persons with developmental difficulties, sells hand-thrown pottery, organic lotions and oils, organic honey, bluebird nesting boxes, wood crafts and other handmade wares. The crafts' creators live at the O' Berry Center, a cluster of group homes in Goldsboro. The Center, part of North Carolina Department of Health and Human Services, has been providing care to individuals with mental and physical challenges for more than 50 years. In addition to its Web site the program maintains a well-stocked retail store on campus. Pottery items are all one-of-a-kind (except signature Berry Towne Stoneware mugs) and start at \$9.95.

Berry Towne Crafts

O' Berry Center, 400 Old Smithfield Road, Goldsboro, NC 27530
(919) 581-4551 | www.berrytownecrafts.com

Southern T-shirts

If you've ever been "in a pickle" to find fun, pretty T-shirts, here is your chance. SweetTea is an apparel line designed to celebrate our colorful Southern dialect. Owners and North Carolinians Susan Bashford and Karen Hall, both relocated Yankees, say it was their Southern husbands' sayings that sparked their business five years ago. Today, their products sell in more than 20 states. Their preshrunk, soft pigment-dyed shirts are for men, women and children in a wide variety of colors. Sayings include "Wild as all get out!," "Daggumit," "Am'h fixin ta," "Punkin'," "Either fish or cut bait," and "This ain't my first rodeo." Prices are \$20 for short sleeve shirts; \$25 for long sleeve shirts. T-shirt lines include txtea (text message sayings). Baseball caps and tote bags also sold.

SweetTea, LLC

6320 Johnsdale Road, Raleigh, NC 27615
(919) 790-7900 | www.sweeteashirts.com



Proper menswear

Combining elements of southern heritage and classic haberdashery, Southern Proper is a southern-inspired line for men with an appreciation for style. Based in Atlanta, the company sells clothing, neckties, bowties and accessories such as colorful pocket squares and frat hats. Collections feature both time-tested and unique patterns. Co-owner Reagan Elizabeth Hardy was raised in Kinston and co-owner Emmie Claire Henderson is from Tennessee. Southern Proper will be donating a portion of sales from its new fall collection, Southern Crops, to southern farm-preserving organizations such as Carolina Farm Stewardship Association. Bowties and ties are \$48 and \$68, respectively.

Southern Proper

1872 Hickory Road, Atlanta, GA 30341
(770) 654-4496 | www.southernproper.com

Soap, gift baskets

Tree of Life Creations is a cottage business near Fayetteville. For owner Jodi Lynn Krier, soapmaking is a passion and her goal is to provide a product enjoyable to use and beneficial to health. Krier, a member of South River EMC, combines her own recipes with premium food grade ingredients, essential oils and phthalate-free fragrances. Soap scents are organized by categories such as Floral and Green, Mint, Baby & Children, Gourmet, and Fruits. Soaps for men fall under Unisex and include Rosemary Spearmint and Cucumber Coconut Milk. Gift baskets include a Fall Sampler, with four 2-ounce soaps (Lavender, Cranberry, Autumn Wreath, Country Apple) with lotion for \$16.50.

Tree Of Life Creations Soap

Jodi Lynn Krier, 2217 Smith Rd, Hope Mills, NC 28348
(910) 483-5745 | www.treeoflifecreationsoap.com

Pet locator

Raleigh-based Positioning Animals Worldwide (PAW) and the AKC Companion Animal Recovery recently launched SpotLight GPS, a locator that tracks a pet's location. SpotLight customers receive enrollment in AKC CAR, which includes a collar tag with unique ID number. Fitting on the pet's collar, SpotLight "senses" when the pet leaves a boundary, dubbed a SafeSpot. Upon escape, SpotLight alerts the owner via text message, email or both, and the owner receives the dog's real-time location and turn-by-turn directions. The AKC CAR recovery team also is "on call" around the clock to assist with tracking. SpotLight has a "rescue" button so that if the pet is found, a Good Samaritan can notify the owner and AKC CAR. SpotLight GPS sells for \$249.99, not including activation fee and service plan.

SpotLight GPS

543 Keisler Drive, Suite 104, Cary, NC 27518
(866) 989-7768 (SPOT) | www.spotlightgps.com

Counter Culture Coffee

This Durham-based craft roaster is quality-driven and dedicated to real sustainability. Counter Culture partners directly with coffee farmers to create its award-winning coffees and roasts with both modern precision and old-world skill to bring out the coffee's unique characteristics. Counter Culture holds weekly public coffee "cuppings," or tastings, and teaches hands-on coffee courses at regional training centers in the eastern U.S. Coffee sold includes beans from the Americas, Asia and the Pacific and Africa. A 12-ounce bag of Kenya coffee sells for \$12.95. Counter Culture also offers a coffee delivery subscription service.

Counter Culture Coffee

4911 S. Alston Ave., Durham, NC 27713
(888) 238-5282 | www.counterculturecoffee.com

The Carolina Country Store HOLIDAY GIFT GUIDE

"Holy Smoke"

The Big Book of North Carolina Barbecue

North Carolina is home to the longest continuous barbecue tradition on the North American mainland. John Shelton Reed and Dale Volberg Reed with William McKinney put together this authoritative, spirited, and opinionated guide. "Holy Smoke" is a passionate exploration of the lore, recipes, traditions, and people who have helped shape North Carolina's signature slow-food dish.

"Part cultural history, part cookbook ... may be the best tome ever written about pulled pork," says the Atlanta Journal-Constitution.

"[A] funny, fantastically southern memoir of the infamous East-West brawl over North Carolina barbecue... Everything we ever wanted to know about the history of the 'cue, the sauce, and the people behind this Tar Heel tradition," says Southern Living.

Also visit www.ncbbqbook.com

With 328 pages and 61 sidebars, it's \$30 in hardcover at bookstores.

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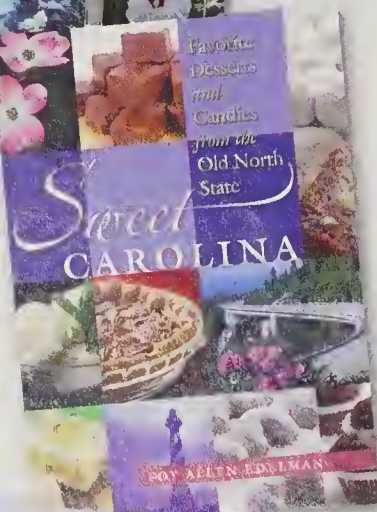
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from the
Old North
State



FOY ALLEN EDELMAN

A
Timeless
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Lett's Set a Spell at the Country Store
AlexSandra "Sandy Lynn" Lett



Bee-utiful calendar

It's an unfortunate fact that honey bee populations continue to decline at alarming rates, which threatens world food supplies. The good news is North Carolinians Mel Hughes and Jay Pfeil are among those doing something about it. Their new 2010 annual calendar is a project for the A Bee Lovers Garden organization, based in Asheville. The calendar features 12, high-quality illustrations by acclaimed Black Mountain artist Pfeil. It shows plants that bees love, to empower people to plant bee nurturing plants. The lovely illustrations are accompanied by interesting plant and bee facts. Each drawing can be framed and a portion of sales goes to support research to restore the health of our bees. It's printed on Certified Green Seal felt paper, and sells for \$20.

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Bluegrass CD

Award-winning bluegrass band Steep Canyon Rangers has a new Rebel Records release. The "Deep in the Shade" CD encompasses a wide range of styles, including folk, gospel and old-time country music, while remaining in the bluegrass tradition. Band members are former students at the University of North Carolina at Chapel Hill. Woody Platt plays guitar and sings lead vocals; Graham Sharp is on banjo; Mike Guggino is on mandolin; Charles R. Humphrey III is on bass; and Nicky Sanders plays fiddle. Tracks include "The Mountain's Gonna Sing," "Turn Up the Bottle," and "There Ain't No Easy Street." Recorded at Fox Chase studio in Nashville. The CD sells for \$15.

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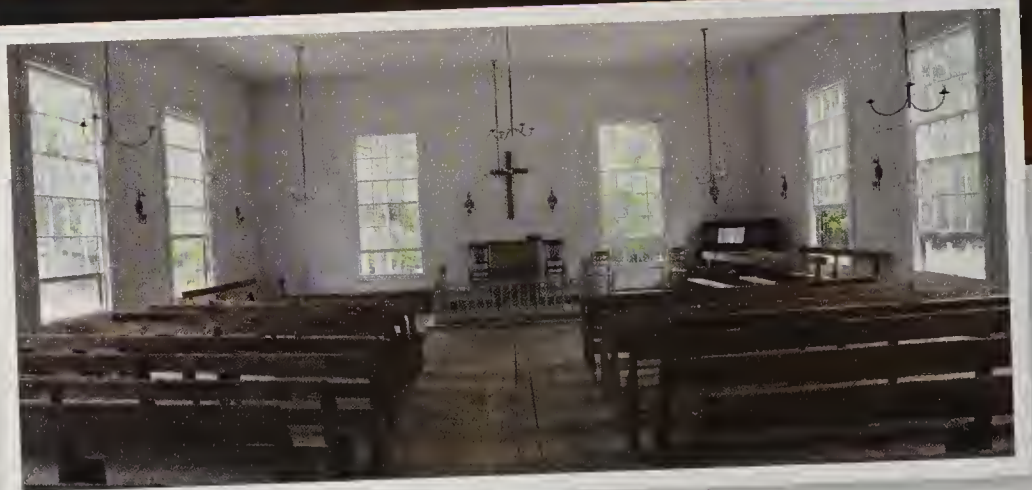
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A PLACE Set Apart

Photography by Ashley Fetner

Down a dusty road near Troy in Montgomery County, the Shiloh Methodist Church sits quietly surrounded by a grove of large oaks.

There are no records when the first congregation was organized, but it is believed that in 1836 a log church was moved to this location from Shiloh Springs. In 1883 this building was constructed, and the old log building was used for a school.

There has never been electricity or indoor plumbing. Around back is a cemetery for the Shiloh families. Because of the hard wooden benches inside, preachers did not have to worry about their congregations nodding off during a sermon.

Stories are told of the singin', shoutin', prayin' and camp meetin's that were held here until 1928 when the church closed. Every year since 1939 a reunion is held at Shiloh for the former members and school alumni.

The first Saturday in December they hold a Christmas Tea and Candlelight Communion that is open to the public. They have three services and there is standing room only.

"Shiloh: spoken of as a scared place, a place set apart, and a place kept plain, natural and simple; a place where God dwells." ⓘ

—Kay Fetner

Kay & Ashley Fetner of Asheboro are members of Randolph EMC.

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Rachel has found that the fastest way to minimize the visible appearance of wrinkles—even the most stubborn ones—is with **Hydroxatone® Instant Wrinkle Filler**. That's why it goes with her on every job and never fails when called on to help leading ladies get ready for their close-up... even in high-definition.

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But it's not only Rachel who believes in the magic of **Hydroxatone® Instant Wrinkle Filler**. In all of the years of market testing, we've never had a product test so high. But seeing is believing! Once the women who participated in the test saw how amazing they looked they didn't want to give back their trial supply.



"It was amazing! The lines above my lips disappeared, as did my brow lines and crows feet! I feel 10 years younger and I'm going out dancing tonight!"

—Nikki P., Age 55



Actual Unretouched Photos

Actual Same Day Results – Unretouched Photos

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Endorsed by one of the country's top plastic surgeons, and previously available only through plastic surgeon's offices, **Hydroxatone® Instant Wrinkle Filler** is available for the very first time in small quantities to the public. Finally, the same smoothing power that makes women look younger in front of the camera can do the same for you in your own bathroom mirror!

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Even though Los Angeles has been called "The Face-Lift Capital of the World," there are still some celebrities who'd rather avoid the pain and complication of cosmetic surgery. Even though they can well afford it, they'd rather skip the uncomfortable side effects that come along with treatments.



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Oh, Henry!

Can you think of a three-letter palindrome?

HUH?



LIGHTS

	T	S	G		
H		G			
		I	L		
		H	I	G	
			H		I
		L	S	T	

Fill in this grid so that each row, each column, and each 2 x 3 rectangle contains all six letters of the word LIGHTS.

DETECTION

S	Q	U	A	R	E
9	9	9	9	9	9
8	8	8	8	8	X
7	7	7	7	7	X
6	6	6	6	6	6
5	5	5	5	5	5
4	4	4	4	4	4
3	3	3	3	3	X
X	2	2	2	2	X
X	1	1	1	1	1
X	0	0	0	0	0

Given these equations, can you find the value of the word SQUARE?

Use the grid to eliminate impossibilities. i.e. The square of the two digit number SQ equals UARE. No number less than 32 has a four-digit square. Therefore S is greater than 2. No square ends in 2, 3, 7, or 8. Therefore E is not 2, 3, 7, or 8.

$SQ^2=UARE$ $S+Q=A$ $S-Q=R$ $S+R=E$ $Q-U=U$

HAIKU

Haiku: an unrhymed verse having 5, 7 and 5 syllables respectively, usually having a seasonal reference...

Tomorrow's weather—
a chance of a fall shower,
followed by sunshine.

A haiku has just
seventeen syllables, so
these have seventeen.

-cgj

FIND THE VALUE OF

M O R E P O W E R T O Y O U
++_+_+_+_+_+_+_+_+_+_+_+_+_=_

Each of the nine different letters in MORE POWER TO YOU has been given a different value from 1 through 9. The letters in the nine words listed below have the same values, and the total value of the letters in each word is given in parentheses. Your challenge is to find the value of each letter and the total value of MORE POWER TO YOU.

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TORE (19)
- WRY (15)

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Berries for birds

Planting shrubs that fruit during the cool season creates a much-needed buffet for hungry birds. Bluebirds, cedar waxwings and mockingbirds, for example, are species that depend heavily on fruit and berries when insects are scarce. While hundreds of species feed on fall, winter and early spring fruits, certain plants are choice for particular species. The crimson red berries of dogwoods, for example, are a favorite food of bluebirds. One of the most fun parts of backyard bird-watching is noticing birds you might not expect to see gorging on certain fruits and berries. Red-bellied woodpeckers and yellow-bellied sapsuckers, for example, will cease their drilling for a while to frequent hollies and dogwoods for fruit fare. Appealing but lesser-used fruiting trees include hawthorn, cherries and crab apples. For more information about plantings for birds, visit Going Native at www.ncsu.edu/goingnative and the Cornell Lab of Ornithology at www.allaboutbirds.org.

Tool cleanup

There's much pruning, raking and mulching that goes on this season, but fall is also a prime time to maintain such tools as shovels, spades, saws and shears. Sharpening is often the big focus, but cleaning is just as important. Remove dirt from blades with a strong spray from a hose and soap and water, if necessary. Remove caked-on clay with a sturdy putty knife, then scrub with a stiff wire brush. Dissolve sticky plant residue from blades with mineral spirits, rubbing alcohol or turpentine. Tackle rust with steel wool. Stubborn rust can be removed, with care, using naval jelly, which is phosphoric acid in a gel solution that is brushed on and rinsed off. Be sure to thoroughly dry all metal parts and wipe with an oiled rag. Don't forget to tend to tool handles too. Sand smooth any splinters and coat the wood with linseed oil.

Spotlight on Native Plant Society

If you've wondered about the identity of beautiful roadside flowers or dainty wildflowers that pop up in the woods in spring, the N.C. Native Plant Society has an outstanding photo gallery that can help solve the mystery. A recent addition to the society's Web site (www.ncwildflower.com) is an extraordinary photo gallery of native orchids. Among many other admirable activities, the society conducts native plant rescues statewide in cooperation with government agencies, landowners and developers in an effort to save native plants that would otherwise be lost to construction and development. Some of these plants are donated to conservation organizations, while many lucky volunteer diggers go home with plants for their own gardens—it's a legal, responsible way to obtain native plants that are uncommon or nonexistent in the retail trade. A recent plant rescue netted a smorgasbord of natives, including yellowroot, Carolina lily, club moss, Solomon's seal, Jack-in-the-pulpit, fringe tree, pinxter azalea, wild ginger, coral honeysuckle and many species of fern. To learn more about the Society's mission and how to join, visit www.ncwildflower.org.



Native Plant Society member Pete Schubert examines ferns at a plant rescue site in Wake County.

Hort Shorts

- ▶ Remove potting soil from any ceramic pots and store out of the elements to prevent cracking in freezing weather.
- ▶ Keep diseased plant material out of compost piles.
- ▶ Use plant labels to mark the location of deciduous perennials that die back in winter.
- ▶ Disconnect, drain and store any hoses to prevent bursting and cracking.
- ▶ Cover new bulb plantings with chicken wire or landscaping mesh to discourage squirrels and other burrowing bulb-munchers.
- ▶ Bring houseplants inside before evening temperatures dip below 45 degrees F.
- ▶ Withhold fertilizer from perennials. They need to ready themselves for winter dormancy.
- ▶ Use only bark mulch that has a fresh, earthy smell. Sour-smelling mulch indicates poor preparation and storage and harbors substances that harm plants. ⓘ



Carla Burgess can be reached at ncgardenshare@mindspring.com.

For more gardening advice, go to the "Carolina Gardens" section of www.carolinacountry.com.

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November Events



Is it real? Or is it "Spencers: Theatre of Illusion"? Come see for yourself on Sunday, November 15 at 4 p.m. as this husband-wife team of Kevin and Cindy Spencer show their stuff at the Clayton Center in Clayton. To learn more, call (919) 553-1737 or visit www.johnstoncountync.org.

ONGOING

Hubb's Corn Maze
Through Nov. 8, Clinton
(910) 564-6709
www.hubbscornmaze.com

Bob Troutman: Business As Usual
Corporate workplace exhibition
Through Nov. 14, Charlotte
(704) 337-2009
www.mintmuseum.org

Honor Our Veterans Exhibit
Through Nov. 14, Kings Mountain
(704) 739-1019
www.kingsmountainmuseum.org

Photographs by Vietnam Veterans
Through Nov. 15, Fayetteville
(910) 486-1330
www.museumofthecapefear.ncdcr.gov

Renaissance Festival
Through Nov. 22, Huntersville
(877) 896-5544
www.RenFestInfo.com

Outer Banks Jewelry
Nov. 2–24, Manteo
(252) 475-1500
www.roanokeisland.com

Irving Berlin's White Christmas
Nov. 5–22, Fayetteville
(910) 483-5311
www.cfrt.org

Lincoln's Journey to Emancipation
Nov. 15–Jan. 6, New Bern
(252) 638-7807
www.newberncplib.org

Holiday Art That Moves
Nov. 21–Jan. 3, Durham
(919) 220-5429
www.lifeandscience.org

Poe House Christmas
Nov. 23–Jan. 4, Fayetteville
(910) 483-5311
www.museumofthecapefear.ncdcr.gov

A Christmas Carol
Nov. 27–Dec. 20, Sanford
(919) 774-4155
www.templeshows.com

Arts Councils' Fourth Friday
Fayetteville
(910) 483-5311
www.theartscouncil.org

Poplar Grove Farmers Market
Through Dec. 16, Wilmington
(910) 686-9510
www.poplargrove.com

Coast Guard Aviation Exhibit
Through Dec. 30, Elizabeth City
(252) 331-4047
www.museumofthealbemarle.com

"Inside Africa"
Through 2009, Rocky Mount
(252) 972-1167
www.rockymountnc.gov/museum

"Stars of the Pharaohs"
Through 2009, Rocky Mount
(252) 972-1167
www.rockymountnc.gov/museum

American Quilt Classics
Through Feb. 2010, Charlotte
(704) 337-2000
www.mintmuseum.org

1

Free Day at Botanical Garden
Fayetteville
(910) 486-5311
www.capefearbg.org

Living History Sunday
Charlotte
(704) 568-1774
www.charlottemuseum.org

Batology
Zoo keeper talks, demos, bat feedings
Asheboro
(336) 626-0364
www.nczoo.org

"Glory"
Civil War movie series
New Bern
(252) 638-7800
www.newberncplib.org

3

Surviving the Hard Times: 1930s Style
Speaker, music, food
Chowan University
Murfreesboro
(252) 398-6319

Wings Over Water Wildlife Festival
Nov. 3–8, Outer Banks
(252) 216-9464
www.wingsoverwater.org

5

Visions of Sugarplums
Holiday art, gift show
Nov. 5–7, Raleigh
(919) 847-4868
www.visionsofsugarplumsraleigh.com

Holly Day Fair
Nov. 5–8, Fayetteville
(910) 483-5311
www.jlfay.org/?nd=holiday07

6

Down East Holiday Show
Arts, crafts, food
Greenville
(252) 329-4200

Freeboot Friday
Alive-at-five, with music, food
Greenville
(252) 329-4200

Latin/Afro-Cuban Jazz Big Band Concert
Sanford
(919) 774-4155
www.carolinajazz.com

Cozy Cottage Craft Show
Nov. 6–7, Kernersville
(336) 993-2260

Quilters Guild Biennial Show
Nov. 6–8, Asheboro
(336) 626-0364

7

African American Festival
Entertainment, activities, food
Murfreesboro
(252) 398-8192
www.townofmurfreesboro.com

Fall Bazaar
Tarboro
(252) 442-3284

Sharpe Store Music Gospel Jam
Bear Creek
(919) 895-0705
www.sharpestoremusic.org

Veterans Day Parade
Fayetteville
(910) 483-5311
www.freedommemorialpark.com

"Clay Olympics" competition
Dillsboro
(828) 631-5100
www.wncpotteryfestival.com

Women's Fellowship Fall Bazaar
Bridgeton
(252) 638-4638

Pottery & Folk Art Show
Colfax
(336) 769-2206

Fall Festival & 5k Challenge

Rolesville
(919) 562-7069
www.rolesvillechamber.org

The Jarman Opry

New Bern
(252) 637-6586
www.thejarmanopry.com

Craft Bazaar

Hatteras
(252) 986-2129

Holiday Shopping Spree

Smithfield
(919) 618-2982
www.johnstoncountync.org

Veterans Day Celebration

Princeton
(919) 936-8171
www.johnstoncountync.org

Snuffy Jenkins Festival Reunion

Bluegrass & old-time music
Spindale, (828) 245-1492
www.foundationshows.org

History Special

Nov. 7, 14, 21, 28, Fayetteville
(910) 483-5311
www.museumofthecapefear.ncdcr.gov

Fall Girl Scout Day

Chimney Rock State Park
(828) 245-1492
www.chimneyrockpark.com

Foothills Highland Games

Hendersonville
(828) 693-8526
www.scotsfoothillshg.org

Fall Arts & Craft Show

Nov. 7-8, Swan Quarter
(252) 945-0748

10**Annual Turkey Dinner**

Hatteras
(252) 986-2149

Mommy, Me, and Museum Make Three

Fayetteville
(910) 483-5311
www.museumofthecapefear.ncdcr.gov

Festival of Trees Lighting

Pinehurst
(910) 692-3323

12**Blue Ridge Parkway's 75th Anniversary Kick Off**

Nov. 12-14, Asheville
(828) 271-4779
www.blueridgeparkway75.org

Turkey Shoot

Nov. 12-14, Rolesville
(919) 562-7069
www.rolesvillechamber.org

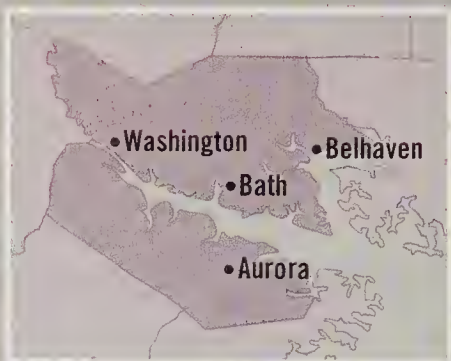
13**Coyote Folk Concert**

Jazz, blues, folk and rock music
New Bern
(252) 633-6444
www.downtownfolkarts.org

Festival of Trees

Gala, silent auction
Raleigh
(919) 623-7734
www.raleigh.assistanceleague.org

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Edgecombe-Martin EMC territories



Washington offers full boating access to the Intracoastal Waterway and the Pamlico River.

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(800) 546-0162
www.visitwashingtonnc.com

Peaceful waterways, abundant wildlife and quaint southern culture characterize this heritage-rich area. Founded in 1771, Washington was originally called Forks of the Tar River but later re-named for Gen. George Washington. Located at the head of the scenic Pamlico River, its historic district boasts dozens of unique structures, including several Gothic churches. Be sure to swing by The Blind Center's gift shop, which brims with beautiful, functional items made by clients assisted by sighted volunteers and master craftsmen. About 15 miles east, reached either by ferry or NC Highway 92, is North Carolina's oldest town, Historic Bath. Incorporated in 1705, royal governors, colonial assemblymen and even notorious pirate Blackbeard (who may have grown up here) once roamed its busy docks. Over in Aurora, an ancient seabed surrenders hidden treasures to fossil hunters near and far. Foodies and word lovers relish the hot chowders, gourmet cheeses and sandwiches and bargain books (not to mention good conversation) at Wine & Words, a combined bookstore, store and café two blocks from Belhaven's waterfront. Sports fishermen love Pungo River and Pamlico Sound and their tributaries, and the area also offers white tail deer, black bear, rabbits, quail, ducks and geese.

Three top spots:

North Carolina Estuarium: This educational center on Washington's waterfront spotlights coastal rivers and sounds, and focuses on Washington's Pamlico/Tar River estuary. It offers more than 200 exhibits, including aquariums and hands-on displays. Visitors can also take a pontoon waterway boat tour. Admission is \$4 adults and \$2 students (K-12). Children 4 and under admitted free. (252) 948-0000 or www.partnershipforthesounds.org.

Belhaven Memorial Museum: You might think you ate a plate of crazy when you visit here, but believe it—that is an eight-legged pig and those are dressed-up fleas. This oddball, yet educational museum on E. Main St. started with the late Eva Blount Way's collection of buttons and burgeoned into an eclectic, historic slew of donated artifacts. Don't miss the Edison Phonograph (circa 1905), the stuffed snake swallowing a wooden egg, the German steel helmet, the dress worn by a 700-pound woman or the preserved copy of a The New York Herald newspaper, dated 1865, that documents the wild speculation following President Lincoln's assassination. Admission is free. (252) 943-6817 or www.beaufort-county.com/BelhavenMuseum/Belhaven.htm.

Aurora Fossil Museum: One of the country's largest fossil deposits lies here, and North Carolina's invertebrates are represented by an extensive collection of shells. Exhibits range from a Pleistocene Age mastodon tusk to casts of shark's teeth, and visitors can dig through 'Pit of the Pungo,' with its remains of ancient sharks, whales, bony fish and corals. Admission is free. (252) 322-4238 or www.aurorafossilmuseum.com.

Art After Hours

Woodworker, basket-weaver
Wake Forest
(919) 906-1589
www.sunflowerstudiowf.com

Gospel Music Association Convention

Nov. 13–14, Smithfield
(919) 209-2099
www.johnstoncountync.org

Gem & Mineral Holiday Show

Nov. 13–15, Morganton
(828) 439-1866
www.ci.morganton.nc.us

14**Women's Expo**

New Bern
(252) 635-5658
www.encshows.com

Holiday Auction

Monroe
(704) 292-2105

Howell Woodstock

Outdoor family recreation
Four Oaks
(919) 938-0115
www.johnstoncountync.org

Saturday History Spécial

Fayetteville
(910) 483-5311
www.museumofthecapefear.ncdcr.gov

Nanci Griffith in Concert

With the Blue Ridge Bluegrass All-Stars,
Warriors of AniKituhwa, David Holt
Asheville
(828-777-9493
www.blueridgeparkway75.org

Fall Harvest

Durham
(919) 220-5429
www.lifeandscience.org

15**Motorcycle Toy Run**

Goldsboro
(919) 738-2308

Spencers: Theatre of Illusion

Clayton
(919) 553-1737
www.johnstoncountync.org

16**Colonial Craft Workshop: Paper Quilling**

Charlotte
(704) 568-1774
www.charlottesmuseum.org

Lazy O Farm Turkey Dayz

Nov. 16–25, Smithfield
(919) 934-1132
www.johnstoncountync.org

18**Old Time Music**

Jam session
Fayetteville
(910) 483-5311
www.museumofthecapefear.ncdcr.gov

19**Arsenal Roundtable**

Fayetteville
(910) 483-5311
www.museumofthecapefear.ncdcr.gov

Ooh La La!

Ladies shopping event
Hillsborough
(919) 732-2128
www.shophillsboroughnc.com

Carolina Gospel Association

Rutherfordton
(828) 245-1492
www.carolinagospel.com

"Seven Brides for Seven Brothers"

Nov. 19–24, Greenville
(252) 328-6829
www.ecuarts.com

20**Carolina Chocolate Drops**

African-American string band
Yanceyville
(336) 694-4591
www.ccfta.org

Freeboot Friday

Alive-at-five, music, food
Greenville
(252) 329-4200

Hoedown Fiddler's Convention & Clogging/Dance Workshop

Nov. 20–22, Hickory
(828) 396-2052

"A Few Good Men"

Nov. 20–22, Smithfield
(919) 934-1873
www.johnstoncountync.org

Celebration of Seagrove Potters

Sale preview, gala
Nov. 20–22, Seagrove
(336) 626-0364
www.celebrationofseagrovepotters.com

Meadow Lights

Nov. 20–30, Meadow
(919) 894-4370
www.johnstoncountync.org

21**Jumble Sale**

Community market
Beaufort
(252) 728-5225
www.beauforthistoricsite.org

Dance Spectacular

Fayetteville
(910) 483-5311
www.fayettevillesymphony.org

Caraway Alpacas Open Barn

Alpaca fiber items for sale
Asheboro
(336) 626-0364
www.carawayalpaca.com

Art for the Masses

Wilmington
(910) 251-9296
www.creativewilmington.com

History Special

Fayetteville
(910) 483-5311
www.museumofthecapefear.ncdcr.gov

Hesperus: Robin Hood Project

1922 silent film with music
Manteo
(252) 475-1500
www.roanokeisland.com

Sharpe Store Music Bluegrass Jam

Bear Creek
(919) 895-0705
www.sharpestoremusic.org

Four Seasons Scavenger

Chimney Rock State Park
(828) 245-1492
www.chimneyrockpark.com

Red, White & Blue National Folkstyle Duals

Fayetteville
(910) 483-5311
www.rhinowrestling.org/nationalduals.html

Seagrove Pottery Festival

Nov. 21–22, Seagrove
(336) 626-0364
www.seagrovepotteryheritage.com

Mattamuskeet Decoy & Waterfowl Festival

Nov. 21–22, Swan Quarter
(252) 944-5636
www.hydewaterfowl.com

22**Community Thanksgiving Feast**

Beaufort
(252) 728-5225
www.beauforthistoricsite.org

Dig Up Shakespeare

Songs, stories
Manteo
(252) 475-1500
www.roanokeisland.com

24**Spooky Saturday**

Durham
(919) 220-5429
www.lifeandscience.org

26**Christmas Tree Lighting**

Forest City
(828) 245-1492
www.townofforestcity.com

27**Christmas Flotilla**

Swansboro
(252) 354-9500
www.swansborofestivals.com

A Dickens Holiday

Fayetteville
(910) 483-5311
www.theartscouncil.com

Craftsmen's Christmas Festival

Nov. 27–29, Fayetteville
(910) 483-5311

Farm Toy Show

Nov. 27–28, Wilson
(252) 243-7301

Holiday Kick-Off

Nov. 27–29, New Bern
(800) 767-1560
www.tryonpalace.org

Lights on the Neuse

Nov. 27–29, Clayton
(919) 553-0016
www.johnstoncountync.org

Wreath Making

Nov. 27–Dec. 5, Asheboro
(336) 626-0364

28**The Jarman Opry Christmas Show**

New Bern
(252) 637-6586
www.thejarmanopry.com

Science Spooktacular

Nov. 28–29, Durham
(919) 220-5429
www.lifeandscience.org

History Special

Fayetteville
(910) 483-5311
www.museumofthecapefear.ncdcr.gov

29**Christmas Parade**

Forest City
(828) 245-1492
www.townofforestcity.com

Listing Information**Deadlines:**

For Jan.: Nov. 24

For Feb.: Dec. 24

Submit Listings Online:

Visit www.carolinacountry.com and click "See NC" to add your event to the magazine and/or our Web site. Or e-mail events@carolinacountry.com

Fiberglass-framed windows save energy and effort

Everyone would like to have low-maintenance windows that require only cleaning of the glass and an occasional inspection of the weather stripping and hardware. The type of window frame is a major factor affecting the level of required maintenance, as is window style, though to a lesser extent.

With new energy conservation tax credits available through the federal stimulus act, this is a particularly good time to consider replacing your old windows with low-maintenance, energy-efficient upgrades. You can recover 30 percent of the cost of energy efficient windows (up to \$1,500) in 2009 and 2010. Check the IRS codes carefully because, unlike before June 2009, not all Energy Star certified windows qualify for the tax credit. You must check the actual energy performance specifications for the windows you plan to install.

Fiberglass-framed replacement windows are available, and they require very little maintenance. I replaced the windows in my own home with efficient vinyl frame windows about 20 years ago. If fiberglass frame replacement windows had been available at that time, I would have selected them over most other frame materials.

The fiberglass frame material used in replacement windows is as durable as the fiberglass in the hull of your boat, but it is manufactured very differently. The fiberglass used in boats is usually made of layers of woven glass fabric mat, which is saturated with a plastic resin. When the resin sets up, the many layers of fabric become one thick, strong layer.

Most fiberglass window frames are made by what's called a "pultrusion process." Long parallel glass fibers, as opposed to a layered mat, are pulled through an extrusion die in the shape of the cross-section of the window frame. Liquid plastic resin flows throughout the fibers and, with heat, sets up and becomes solid. The pultrusion is about 70 percent glass fibers and the rest resin.

Fiberglass frames in replacement windows offer many advantages over most other window frame materials. Since the main component of the fiberglass frame is glass, the frame expands and contracts with temperature changes about the same rate as the glass panes themselves. Vinyl frames, which also are very low-maintenance, expand more than glass as the temperature changes. This is one reason why dark vinyl frames in large windows are sometimes not recommended for a sunny exposure in hot climates.

In a window sash, the glass panes are held and sealed in the sash frame by one of various methods. If the fiberglass frames expand and contract about the same as the glass panes, there is less movement and stress where the panes fit into the sash frames. For this reason, with fiberglass frames, a dark color can be used in almost any climate or orientation to the sun.

Another advantage of pultruded fiberglass is its strength and impact resistance. This is particularly important with



The inside surface of this fiberglass frame window can be stained like real wood or painted any color.

replacement windows, because the frame does not have a perimeter flange as with new construction windows. Replacement windows are often attached in the old window opening with several screws along each side.

The strength of the fiberglass allows narrower frame profiles to be used than for some other frame materials. This provides more glass area for more light and a better view outdoors. Especially for smaller windows, a thick replacement window frame can use up too much of the opening to be useful.

Several window manufacturers, including many of the largest, now offer fiberglass frame replacement windows with many options. Since the fiberglass frames are painted in the factory, you have many more color selections than with many other frame materials. If you don't like the standard colors, you can order custom colors or paint them yourself.

Since natural wood frame interiors are popular today, several manufacturers offer windows with optional real wood interior veneers attached to the strong fiberglass frame. From indoors, they look like wood windows, but without as much maintenance. Another option is a stainable interior fiberglass surface similar to the skin on fiberglass doors. The hollow fiberglass frames create an insulating dead air space. For slightly more efficiency, the frames can be filled with insulating foam. ☺

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

The following companies offer efficient fiberglass frame windows:

Comfort Line (800) 522-4999
www.comfortlineinc.com

Fibertec (888) 232-4956
www.fibertec.com

Marvin Windows (888) 537-7828
www.infinitywindows.com

Milgard Windows (800) 645-4273
www.milgard.com

Weather Shield (800) 222-2995
www.weathershield.com

Have a question for Jim?

Send inquiries to:
James Dulley, Carolina Country,
6906 Royalgreen Dr.,
Cincinnati, OH 45244
www.dulley.com

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VACATION CABIN in the mountains of Western North Carolina. Real chink logs, jacuzzi, fireplace and covered porch. No smoking. No pets. 828-627-6037. www.treasurecovecabins.com

BEACH HOUSE, Cherry Grove, SC. 4BR/2B, sleeps 14. 828-478-3208. Request photos: bnagel36@charter.net

PIGEON FORGE, TN. CONDO RENTAL. Fully furnished with two bedrooms, two bathrooms, kitchen, living room, hot tub. Call 336-657-3025 or www.scenicvalleyproperties.com

EMERALD ISLE, NC Oceanfront Beach house—4BR/3BA, sleeps 8. BOOK NOW—for 2010 season and Save!! Saturday to Saturday rental 252-943-1011.

CHERRY GROVE CHANNEL HOUSE. 4BR/3.5BA. Very nice. Weekly/weekend. 919-542-8146.

COTTAGE GET-A-WAY in NC foothills near Hanging Rock and Pilot Mountain. Sleeps 4, pets allowed, no smoking. www.horseshoefarmcottage.com or call 336-351-3286

SMOKY MOUNTAIN LOG CABINS, Pigeon Forge, TN. 251-649-3344 or 251-649-4049—www.hideawayprop.com

ATLANTIC BEACH OCEANFRONT, Breathtaking view. 1/BR/1½BA, \$75/nightly. 816-931-3366.

EMERALD ISLE CAMP OCEAN FOREST Campground. Camping next to the ocean. Call 252-354-3454 for reservations or www.campoceanforest.com

PALMS RESORT, MYRTLE BEACH. Amazing views, direct oceanfront. Beautifully spacious 1BR/1BA condo, sleeps 6. Balcony, stainless kitchen, fireplace, amenities galore. 828-288-9923.

PIGEON FORGE, TN: Christmas Special—Condo sleeps 6. Rent 3 nights, get 4th night free. Only \$85.00 nightly. www.sparta-nc.com/mountainvalleycondos or 336-363-9192.

ASHE COUNTY CABIN—Gushing Creek, hot-tub \$100/nt. \$600/wk, monthly rates. sswhaley@yahoo.com or 910-649-6211.

Real Estate

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OAK ISLAND, NC and the Brunswick County coast. Furman Melton-Broker, 910-520-8509 or www.furmanmelton.com

EMERALD ISLE SOUNDFRONT, 2 blocks from ocean, 2+acre building lot w/septic installed. Revalued by county in 2008 for \$600,000, asking \$360,000. Call 252-725-3142.

NORTHERN RANOLPH CO.—partially wooded 2.51 acres homesite. Well, septic tank, drive. SW allowed. Cashatt Realty—Sherry 336-498-1205.

NORTH MYRTLE BEACH—WINOY HILL AREA. 3BR/2BA—sleeps 12. 2nd street off ocean. 336-240-0655.

Gold Maps

FUN, HOW TO PAN. Carolinas, Virginia, Georgia, Alabama, California. 1-321-783-4595. WWW.GOLDMAPS.COM

For Sale

WHOLESALE CHRISTMAS TREES, wreaths, garland—in lots of 25 or more. Fir and white pine. Great fund-raisers for civic clubs, churches and scout troops. Prices start at \$12, also choose-and-cut. 336-372-8242 or www.wardendiscounttrees.com

BAPTISTRY PAINTINGS—JORDAN RIVER SCENES. Custom Painted. Christian Arts, Goldsboro, NC 1-919-736-4166. www.christian-artworks.com

CHURCH FURNITURE—Best Prices! Pulpit Sets—\$1995. Church Chairs from \$33. Padded Pews, Stained Glass, Minister Chairs, etc. www.ChurchFurnitureStore.com 1-800-639-7397

OUTSIDE WOOD HEATER—\$1545.00—houses, mobiles, shops. www.heatbywood.com 417-581-7755, Missouri.

REPOS! CARS/TRUCKS/SUV'S from \$500! For listings 800-749-8104 ext. N470.

\$500! POLICE IMPOUNDS! Hondas/Chevys/Jeeps, etc. Cars from \$500! For listings 800-749-8104 x 2798.

WORK CLOTHES—Good clean—6 pants and 6 shirts to match \$39.95, Men's denim jeans 5 pair/\$25.00, Lined work jackets, \$9.95. 1-800-233-1853. www.usedworkclothing.com

ALL-NATURAL, SAFE, EFFECTIVE ANTISEPTIC prevents infection from minor cuts, scrapes, burns, blisters, skin irritation, bug bites. "Pinee" is pure pine oil from longleaf pine. Trusted for more than 80 years. Live-stock preparation available. Triple Creek Farm, Pink Hill, NC. 252-568-3602.

BRONZED SHOES FSK, 1428 Pipers Gap Road, Mount Airy, NC 27030. 336-786-1820.

APPLE TREES—OLD SOUTHERN VARIETIES and modern disease resistant varieties; Free catalog; custom grafting and shipping available. Century Farm Orchards, David C. Vernon, Reidsville, NC 336-349-5709; www.centuryfarmorchards.com or e-mail: david@centuryfarmorchards.com

800 RECIPES—SHADY GROVE BAPTIST CHURCH—250th anniversary cookbook. Proceeds to building fund. \$12.00 includes shipping. Hardcover w/stand. Make check to church %Charles Edwards, 690 Shady Grove Church Road, Staley, NC 27355. Phone: 336-824-4954. E-mail: charlesleedwards@yahoo.com

USED PEWS FOR SALE. Pews can be covered with new fabric to look great for new or existing building. Call 910-590-4362.

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Cherry Meringue Pie

- 3 egg whites
- 1 teaspoon white vinegar
- 1 cup sugar
- ½ cup crushed saltines (about 12 crackers)
- ½ cup finely chopped pecans
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract

Topping:

- 1 package (3 ounces) cream cheese, softened
- ½ cup confectioners' sugar
- 1 teaspoon vanilla extract
- ½ cup heavy whipping cream, whipped
- 1 can (21 ounces) cherry pie filling

In a mixing bowl, beat egg whites and vinegar on medium speed until soft peaks form. Gradually beat in sugar, 1 tablespoon at a time, on high until stiff glossy peaks form and sugar is dissolved. Fold in the cracker crumbs, pecans, baking powder and vanilla. Spread onto the bottom and up the sides of a greased deep-dish 9-inch pie plate. Bake at 350 degrees for 14–18 minutes or until meringue is lightly browned. Cool on a wire rack (meringue shell will fall in the center).

In a small mixing bowl, beat the cream cheese, confectioners' sugar and vanilla until fluffy. Fold in the whipped cream. Spoon into meringue shell. Top with pie filling. Chill for at least 2 hours before serving.

Yield: 8–10 servings



Venison Parmigiana

- 2 pounds boneless venison steaks
- 1 egg
- 1 tablespoon milk
- ⅔ cup seasoned bread crumbs
- ⅓ cup grated Parmesan cheese
- 5 tablespoons olive oil
- 1 small onion, finely chopped
- 2 cups hot water
- 1 can (6 ounces) tomato paste
- 1 teaspoon pepper
- ½ teaspoon salt
- ½ teaspoon sugar
- ½ teaspoon dried marjoram
- 2 cups (8 ounces) shredded part-skim mozzarella cheese

Pound steaks to ¼-inch thickness; cut into serving-size pieces. In a shallow bowl, beat egg and milk. In another bowl, combine bread crumbs and Parmesan cheese. Dip venison in egg mixture, then coat with crumb mixture.

In a large skillet, brown meat in oil on both sides. Place in a greased 13-by-9-inch baking dish. In the drippings, saute onion for 2–3 minutes or until tender. Stir in the water, tomato paste, pepper, salt, sugar and marjoram. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Pour over venison.

Cover and bake at 350 degrees for 50 minutes or until meat is tender. Uncover; sprinkle with cheese. Bake 10–15 minutes longer or until cheese is melted.

Yield: 6 servings



Cran-Orange Pork Tenderloin

- ¼ teaspoon garlic salt
- ¼ teaspoon pepper
- ⅛ teaspoon ground mustard
- ⅛ teaspoon ground cinnamon
- 1 pork tenderloin (1 pound)

Cran-Orange Sauce:

- ½ cup dried cranberries
- ¼ cup plus 1 tablespoon orange juice, divided
- ⅛ teaspoon ground ginger
- Dash ground cloves
- 1 can (11 ounces) mandarin oranges
- 1 tablespoon cornstarch

In a small bowl, combine the first four ingredients; rub over pork. Place on a rack in a shallow roasting pan. Bake, uncovered, at 425 degrees for 25–28 minutes or until a meat thermometer reads 160 degrees.

Meanwhile, in a small saucepan, combine the cranberries, ¼ cup orange juice, ginger and cloves. Drain oranges, reserving juice; set oranges aside.

Add reserved juice to cranberry mixture. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Combine cornstarch and remaining orange juice until smooth; stir into saucepan. Bring to a boil; cook and stir for 1 minute or until thickened. Fold in oranges. Serve over sliced pork.

Yield: 3–4 servings

Recipes are by Taste of Home magazine. For a sample copy, send \$2 to Taste of Home, Suite 4321, PO Box 990, Greendale WI 53129-0990. Visit the Web page at www.tasteofhome.com.

From Your Kitchen

Pumpkin Whoopee Cake

- 1 box yellow cake mix (mix as directed on box)

Add:

- 1 (16-ounce) can pumpkin
- 1 tablespoon cinnamon

Mix all together and pour into 3 greased and floured cake pans (2 if necessary). Bake at 325 degrees for 35 minutes or until cake springs back. Set out to cool.

Cream Cheese Icing:

- 2 cups powdered sugar
- 3 (8 ounces each) cream cheese
- ¼ cup milk
- ½ stick margarine

Melt margarine and milk together in microwave. Mix sugar and cream cheese by adding milk and margarine mixture by spoonfuls until icing is creamy and spreadable. Spread on cake layers and outside of cake.

Jean Hester of Crouse, a member of Rutherford EMC, will receive \$25 for submitting this recipe.

Send Us Your Recipes

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